Secrets of the Lymphatic System

The Fountain of Youth Is Within Us

ANCIENT WISDOM UNVEILED

Dr. Tapzyana B. Thomas

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ANCIENT WISDOM UNVEILED

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Certified BELD Lymphologist
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TABLE OF CONTENTS

Preface	**WHY I AM WRITING THIS BOOK**	9
	The Human Genome Project	
	We Are One Family	
Introduction	**THE WISDOM TRADITION**	13
	Medical System Change	
	Who is the Choice Brigade?	
Chapter 1	**ANCIENT WISDOM UNVEILED**	17
	The Future is Now	
	Quantum Physics	
	Meta Physics and the Lymphatic System	
	Ancient Wisdom Rises	
	The Energy Body	
	Mystery Schools	
	Immortality Gene Discovered	
Chapter 2	**LAWS OF LIFE AND THE LYMPHATIC SYSTEM**	25
	Laws which Govern Our Lives	
	The Law of One	
	The Law of Wholeness	
	Know Thyself	
	We Can Only Experience Our Awareness	
	Law of Congruency, Integrity	
	Law of Reflection	
	Law of Attraction, Reciprocity	
	Choice and Free Will	
Chapter 3	**SECRETS OF THE LYMPHATIC SYSTEM**	39
	The Lymphatic System Is Electro-Magnetic	
	All Disease Has One Cause	
	Joy, Laughter and the Lymphatics	
	The Light Body	
	The Fifth Element	
	The Magical Breath of Life	
	The Vehicle of Consciousness	
	Our Protein Production Plant	
	The Immune Response	
	Immune Response - Two Types	
	Immunization	
	Dr. Len Horowitz	

Chapter 4 **'LYMPHY' TO THE RESCUE!** 55
Learn About Lymph with Lymphy
Lymphy - Everyone's Companion
Acid or Alkaline
Lymphy Demonstrates Radiant Health
Lymphy Illustrations

Chapter 5 **THE FOUNTAIN OF YOUTH IS WITHIN US** 79
The Long Search for the Fountain of Youth
Ageless People and The Middle Way
Mind/Body Communication
Feelings and Passions
What Are We to Do?
Activating the Fountain of Youth

Chapter 6 **THE ULTIMATE TEMPER TANTRUM** 95
Cause of Cancer Revealed
Fear and Cancer
Life is Energy
The Most Hidden Secret
Prostate Cancer in Men
Plastic and Breast Cancer
Dr. Otto Warburg
Electrolyte Thesis Illustration
Dr. C. Samuel West
Basic Formula for Life Illustration
Basic Formula for Death Illustration
Dr. Warburg's Nobel Prize Speech
Death Culture

Chapter 7 **PARASITES** 115
The Parasite, Fasiolopsisbuski
Unwelcome Internal Travelers
How Do We Become Infested?
An Example of a Common Parasite
Precautions to Prevent Infestation
My Encounter with Fasiolopsisbuski

Chapter 8 **THE PHOENIX PRINCIPLE** 131
Transformation
The Alpha and Omega
Fear of Life
Unanswerable Questions
Discovering the Power of Belief
A Special Sanctuary of Health
Smiling Faces of Betrayal
The Definable Features of Death

Ancient Path of Life - Surat Shabd Yoga
Answers from Within
Stargate to Now
Companions of Destiny
Yikes!!!
Fast - To Last
Meditation – Rejuvenating Medicine
The Phoenix Arises

Chapter 9 **THE DIVINE LYMPHATIC SYSTEM** 149
The Human Body Perpetuates Itself
Receptor Sites
The Creation of the Neuro-Net
Addiction
Loving Yourself
Fear and Love
A Time for Mastery
How the Mind and Body Use Energy
How the Mind Works
What You See Affects You
Food Choices and Obesity
Food turns into Light
What the Media Hides
Sugar, Sugar, Everywhere
The Hidden Cause of Obesity
Aspartame – Sweetened to Death
MSG – A Lethal Flavor
Stevia – A Real Sweet Choice
The Dark Side of Recycling

Chapter 10 **THE SPORTS CONNECTION** 173
The Power of Unlimited Mind
The Body is Made to Move
The Doctor with X-Ray Eyes
The Power of Breath
The Max Program
Nothing is Wrong Unless You Think It Is
The Greatest Lymph Story Never Told
Running Into Unlimited Mind

Chapter 11 **MEETING THE NEW PARADIGM** 195
Thinking Outside the Box
Creating the BELD™ System
Journey of a Lifetime
The Stranger on the Beach
Dr. V. G. Clark-Wismer
What Occurs During BELD™ Treatments

Chapter 12 **CLEANSING THE LYMPHATIC SYSTEM** 205
The Cleansing Waters Of Life
Why is Cleansing Imperative?
Living Aqueous Substance – Water
Is All Water Equal?
Importance of 'pH' in Water
Dr. Masaru Emoto – Messages in Water
Importance of Cleansing the Intestinal Tract
Cleansing the Intestinal Tract
A Lymphatic Phenomenon
Emotional Freedom Technique
The Portal of Grace

Chapter 13 **ENERGY MEDICINE COMING OF AGE** 227
The Future of Health
Energy Medicine Coming of Age
Death Culture
Change
Dying is a Failure to Live

Chapter 14 **THE GREAT WORK** 235
The Foundation of Life
The Great Work
Masters Have No Past
Aging is Unnatural
Our Eternal Cells
The Fountain of Youth Within Us

Epilogue 243

Bibliography 245

Acknowledgements 247

Products and Services 249

ILLUSTRATIONS

Cellular Respiration, Dr. Otto Warburg

Lymph System, Entire Body

Cellular Illustration, Dry or Healthy State

Basic Formula for Life

Basic Formula for Death

'Lymphy' Character

Prostate Cancer in Men

PREFACE

I love life and all that life is. Humanity has the Power of the Universe within and Unlimited Potential. It is my honor to be of service to further the understanding of this noble truth.

Why I Am Writing This Book

I am writing about the Lymphatic System because of the clarity and wisdom I realized as a Terminal Lymphatic Cancer Survivor, over twenty-eight years ago, and a Certified Lymphologist, and Lymphatic pioneer.

I've studied how our thoughts, feelings and actions directly affect the body through the Lymphatic System. This System is essential to the health of the mind and body. It influences the ability to 'know thyself' as something other than just physical flesh. This 'something' is often called Spirit, Divine Intelligence, Logos, the I am Presence, the Unified Field, Sat Nam, Allah, Ra and God. These are only a few names which describe the Infinite Creative Principle of All Life....the invisible force sustaining all life, known and unknown.

This knowledge is most important to comprehend. Until we understand lymphatic function and its relationship to our Life Force, health and youth cannot be maintained. Thus, humanity will continue to experience the diseases and plagues now ravaging the world. The underlying cause of every issue, problem and war is ignorance...a lack of knowledge, education and/or awareness of something important and beneficial.

The Human Genome Project

The Human Genome Project was completed in 1999. The goal of this massive undertaking was to find the origin of all humanity and the connection we have to one another through DNA sampling. Scientists thought it would take many years to complete. However, with the aide of computers, the project was accomplished sooner than expected.

Results of this discovery were shared by President Clinton in his last address to the American public as the President of the United States. He opened his speech with the truth of these findings: All of Humanity has the same Genetic Code by 99.999 per cent.

We Are All One Family

Everyone in the world is related. This remarkable scientific knowledge can help bring us together in order to view and treat our fellow world citizens as family.

As a member of the human family, I am happy to share information, insights and my knowledge in this book. It is my heart's delight to be of assistance to my brothers and sisters of the global family by helping to eliminate ignorance about the Lymphatic System and wisdom known since ancient times.

The focus of ***Secrets of the Lymphatic System*** is to assist people in making choices based upon the truth about the Lymphatic System so they can keep themselves and their loved ones radiantly healthy.

As a messenger of ancient wisdom and a member of the Choice Brigade, I consider it my solemn duty to shed light upon the Lymphatic System for the benefit of all who read these pages. I greatly appreciate your willingness to learn.

INTRODUCTION

The Wisdom Tradition

Secrets of the Lymphatic System is written from the perspective of the ancient Wisdom Tradition. All peoples worldwide have participated in this tradition. The knowledge and wisdom from previous generations was passed on to the following generations. They added their knowledge and wisdom, which was then shared with each proceeding generation....all to continue the progress and refinement of each new generation upon the Earth.

The Wisdom Tradition is just now emerging after a very long silence, having been relegated to the annals of Myth. I call forth again such a tradition for all, especially the youth, to learn, share and light the way for the expansion of the Wisdom Tradition into our future.

Medical System Change

Until the 1950s, doctors and nurses were taught about the Lymphatic System. Since then, the Western medical profession has removed all but the most superficial information about the Lymphatic System from their studies. They do teach that it is part of the body's immune function. This is true. However, the most important and life-affirming information is ignored. These vital teachings remain hidden in medical books of the early 1900s.

Chemical medicine (allopathic) came into being in the early 1950s when medical schools changed from a plant-based to a chemical-based system and the Lymphatic System was no longer taught in its entirety. The pharmaceutical companies had and have to this day great influence over the curriculum in medical schools. Therefore, in-depth information about the Lymphatic System is rarely seen.

My own bout with Lymphatic Cancer over 28 years ago was my teacher of the laws of life, death and rejuvenation. I regained my life through meditation on sound and light, as taught by Master Maharaj Charan Singh Ji who left this world in 1990.

In 1991 I began my studies of the Lymphatic System which led me to the International Academy of Lymphology, the only educational institution in the United States of America which taught about the Lymphatic System.

My journey has revealed to me a deep understanding and knowledge of the Lymphatic System. Previously, this knowledge was only taught by the Ancient Schools of Wisdom and Knowledge. My study of Meta physics and Quantum physics has fully substantiated what I experienced as a cancer survivor and have discovered as the pioneer of **Bio-Photonic Energy Lymphatic Detoxification.**

I began as a complete neophyte in the health care field with my fears, doubts and inspirations. These were beautifully woven into a healing tapestry, textured with ancient knowledge, to create a system of energy cleansing that is a New Paradigm in Health. This has been the **Journey of a Lifetime.**

The sheer vastness of this discovery humbles me. I endeavor to share the ancient truths of Lymphology and how health,

youth and well-being (physical, mental and spiritual) are dependent upon this knowledge. Meta physics and Quantum physics are integral parts of this incredible mirror of truth, of which we humans are perfect representations.

This apocalyptic information helps us understand how to assist ourselves and others to regain and maintain healthy bodies and joyful lives. We are at a time of rediscovering what has been hidden, lost and uncommunicated, the lack of which has directly affected our ability to thrive and develop. We now have the knowledge and technology to eradicate every disease, all issues and problems regarding our own health and that of our beautiful Mother Earth upon which we live.

Who is the Choice Brigade?

The Choice Brigade is a group of unknown numbers of caring individuals who have held and who hold in trust for humanity knowledge relative to the health and freedom of the body, the mind and the soul. Over the millennia and up to now, each member has made available vital gems of wisdom for the benefit of all beings across the Ages.

The ancient knowledge I speak of in this book is part of the Choice Brigade's philosophy about which awareness is growing daily. Everyone on earth can join the Choice Brigade by living in his or her Magnificence.

Choice Brigade members living by the wisdom tradition are bringing forth knowledge of the true Self to all people. Once educated about the truth, they shall rise to the Magnificence they are meant to express here on Earth. The whole world has been subject to some form of adulterated truth. Until a decision is made to know truth, it remains elusive.

The truth of who we are.
The truth of what life is, for each individual.
The truth about the Universe in which we live.

These are the truths to be discovered by each individual. Has anyone ever created anything as perfect as the Human Body with its innate propensity for infinite, unlimited growth and beautiful creation? Quantum scientists are proving what the mystics, Meta physicians and Saints of antiquity have told us all along.

I am humbled by the sheer vastness of the discovery of this incredible **mirror of divinity** known as the Lymphatic System. In ***Secrets of the Lymphatic System,*** I joyfully share the basics of Lymphology and the role played by Meta and Quantum physics in our wellness. The unveiling of this information also makes it easier for allopathic and natural health care professionals to better understand how to help those who come to them for assistance.

Dare to listen. Dare to have the courage to do what is in your heart. Only you can do what is in your heart, which is your gift to humanity. By living your Heart's Desire, you evoke the power of its fulfillment, which comes from within your very own Self, known as Infinite Spirit.

CHAPTER ONE

Ancient Wisdom Unveiled

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"The Doctor of the future will give no medicine, but will educate on the cause and prevention of disease."

Thomas A. Edison

The Future is Now

Thomas Edison knew the time was fast approaching when health care practitioners would educate patients on the cause and prevention of disease. That time is here now. Knowledge of the Lymphatic System is the bridge to eradicate disease, misery and even war.

Quantum physics, Meta physics and the Lymphatic System

Quantum physics is the science of energy. Meta physics is the science of the unseen behind all life. They are parallel sciences. According to Quantum physics, there is only energy in a waveform until it is observed. When observed, this wave collapses and becomes congealed energy called Matter; thus, everything is energy, including us. We are Bodies of Energy.

When we discontinue observance, what we were observing goes back into waveform. Therefore, it is the Observer, the one who is looking, who determines the outcome of what is being looked at or observed. The wave is what we see as physical reality. As stated, everything is energy. The smallest part of energy is called a quantum unit, which is the wave of energy that turns into physical matter.

The Lymphatic System is Electro-Magnetic and directly related to the Observer. The Lymphatic System mirrors what is observed and transmits what is seen, to our cells and creates our state of health.

The question is then, who is the Observer? The Observer is the one who 'thinks the thought' or 'dreams the dream'. The Observer is the one who is looking at this page through the window, called 'eyes', with the dimensional mind otherwise known as Consciousness...**YOU**!

The observer sees with the brain rather than the eyes. This astounding knowledge is making it possible for the blind to see, as the blind are trained to use their brains 'eyes'. We are truly living in an incredible time. The time of the **Apocalypse** (Greek: to uncover, unmask) is now as **ancient wisdom is unveiled.**

Albert Einstein was credited with revealing awareness to the Western world that everything is energy...$E=MC^2$. Many indigenous peoples, such as the Zulu's of South Africa, the Masters in Tibet and Shabd Masters of India, understood this before Einstein and still embrace this truth today. The Egyptians, Lemurians, Atlantans and those from the Ancient Land of Mu were far advanced in Meta-physics as well.

Nicola Tesla is the first scientist to bring forth Quantum physics in action. He revealed that many of his inventions were received from extraterrestrials, acknowledging to the public in 1900 that there were other beings in the universe communicating their wisdom in unconventional ways. Although Einstein was hailed as the greatest scientist of the time, the energy Revo-Evolution we are experiencing today is based upon Nikola Tesla's findings, inventions and his understanding of Quantum physics.

There are many scientists and researchers, myself included, who consider Nikola Tesla to be the greatest scientist of the 20th century up to now, the 21st century. George Washington Carver, like Tesla, has been overlooked and unacknowledged. Carver created the process to synthesize gasoline from oil, launching the USA as the most technologically-advanced society and the richest nation on Earth. Tesla is the father of the Anti-War Machine and the Energy Revo-Evolution.

Quantum scientists have also discovered that every possibility exists simultaneously, in every space/time dimension. Parallel universes are now 'seen' and understood. Science magazines are sharing this knowledge as well. Quantum scientists are proving what the Mystics and Saints taught. Those enlightened Masters, were the Meta physical scientists of antiquity, who have shared their wisdom even before the written word came into being.

Ancient Wisdom Rises

In 1947, Bedouin sheep herders discovered ancient scrolls which contained the works of Thomas, the works of John and 25,000 other original documents of antiquity, written on papyrus and paper-thin metal sheets. These sacred texts were named The Dead Sea Scrolls. Most of the information contained in the scrolls, remains to be revealed because they are so ancient that the languages have been lost and the symbols are difficult to interpret.

These precious time capsules were given to six scholars to decipher. Their findings substantiate that humans are multi-dimensional beings in the flesh. The science of Meta physics is mentioned in the Scrolls along with the fall of women from equality with men. The capsules reveal that the entire universe resides within mankind and remains ours to experience while we are alive. These ancient scrolls emphasize that we can know the Infinite Creator of All Life, by turning within through various methods such as meditation practices and specific evocations called, righteous prayer.

The Dead Sea Scrolls are generally unknown through hearsay except by those scholars of ancient knowledge and people in

search of their religious origins. We are living in a time when the teaching foundations of old are being uncovered thereby clarifying our understanding of truth today. The Scrolls are now travelling around the world to select museums for public viewing. Only a few of the twenty-five thousand precious time capsules are being displayed at these exhibitions. If you have an interest, contact your local Museum of Natural History.

The Energy Body

The Lymphatic System is electromagnetic. It is our 'Light Body'...our communication highway. It is our energy body and is called the White Blood System in many cultures. Quantum physics has made it possible for Western thinking peoples to accommodate us as energy beings. The truth is that our Lymphatic System is the foundation of our light/energy body.

Mystery Schools

When there were Mystery Schools, the initiates either passed their Master initiations or died. It was demanded they be of one pure focus or analogical with the Divine Mind of the Creator within them, which resides within each of us.

It is called 'God-Realized' when the whole brain is used. Presently, it is estimated that we use approximately 3 to 10 percent of our brain. Research indicates we have digressed from using our natural intuitive abilities of seeing into the future and the past, levitation, multi-dimensional conscious travel, intergalactic travel and attaining immortality, known as Ascension. In places such as India there are people who are demonstrating all of these abilities. Ascension is alluded to in

the Bible of the Christians, the books of St. Germaine, Surat Shabd Yog, Upanishads, Sufi Teachings of Hazrat Inyat Khan, Kabir, Emanuel Sweedenborg, the list is nearly endless.

Historically and worldwide, there are many people who have documented their Christ Conscious Masters, including the Druids of Europe, the Sikhs of India and Dogon peoples of Africa. Accountings of Divinity run through the culture of many races and peoples. Simeon Toko is a Master in our time from Africa who was witnessed by thousands of his tribe members, and others, including the Pope, until 1986 when he chose to leave the Earth.

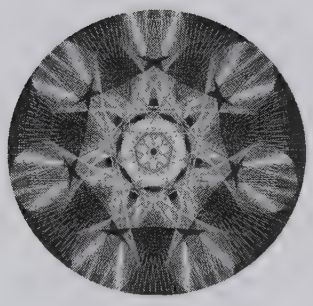
Dying is an unnatural occurrence and we only make it so by believing in it. The Dead Sea Scrolls attests to this as well. What we believe becomes the experience of the believer. We always experience, what we believe is true, A Universal Law.

Immortality Gene Discovered

The Immortality Gene has been discovered within the DNA after centuries of research by scientists. This has yet to become common knowledge. The truth is, everyone has already built-in the ability to activate the Immortality Gene. Many Wisdom Schools teach how to activate the Immortality Gene through spiritual methods. A good beginning is to practice consciously being the observer, as described by Eckhart Tulle in his best selling book, ***The Power of Now***.

CHAPTER TWO

Laws of Life and the Lymphatic System



The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"A book is a part of life, a manifestation of life, just as much as a tree or a horse or a star. It obeys its own rhythms, its own laws, whether it be a novel, a play, or a diary. The deep, hidden rhythm of life is always there—that of the pulse, the heart beat."

Henry Miller

Laws Which Govern Our Lives

2

To make known the unknown by exploring the inner and outer Universe, with Unconditional, Impersonal Love, is an attribute of the Infinite Creative Life Principle named God and is available to all, who choose to know this truth.

LOVE unconditioned, literally holds everything together, it is the cohesive aspect of all existence. Unconditional love is a 100% positive mind state under all circumstances and conditions. Unconditional Love is an attribute, the very essence of the Infinite Life Principle or God, if you will and the foundation of all the laws of life.

The Law of One

Everything comes from the Law of One. It is within us. We begin as one single Cell (God spark). That one original ovum or omni cell divides into trillions of cells to create the body. This central cell has Spirit, Mind and Soul. The ancient mystery schools call this central cell the Christ cell or Self.

Each cell has its own color and energy signature, yet it is a duplicate of the original cell and is connected to it, at all times and under all circumstances while living in the body. Only thought can alter the relationship between our material body self and our Infinite Source. This alteration is called 'Illusion of Separation'. When illusion of separation occurs, the feeling of oneness is unable to be experienced as intended. Illusion creates Phenomena. Phenomena exist until illusion is removed, once again by thought, ultimately returning to original Oneness.

Every person has a relationship to him/herself and also to the minds and lives of all other human beings. Yet, it appears that

this is untrue when we see ourselves purely from the perspective of our personal self. Our individual physical bodies give us the impression of separateness, which is an illusion in actuality. Even though our bodies are individual, we are connected at the Universal Mind level where we remain in Oneness and by our breath, as we breathe the same air, daily. The Lymphatic System mirrors this oneness with the presence of epidemics or radiant health and abundant energy.

The Law of Wholeness

We are whole or whole-istic by nature. Each cell is an omni cell, complete in and of itself. Each cell possesses the original cell's qualities, yet maintains its own separate identity through frequency of vibration and color, mind and will.

For example, all heart cells receive information from the DNA to become a heart. Yet, they are all individual cells with duplicate patterns, a mind and soul just like the one original omni cell. Each heart cell has the ability to work in harmony with other heart cells and the entire body system.

All of life mirrors this model. All humans are individuals with their own unique mind, soul, sound frequency, color, face and physical signature. No two people are precisely identical, even twins etc. Universal Mind, which is invisible to the physical eye, connects us all; yet, we see the physical evidence of this as Creation.

Similarly, everyone has a relationship to him/herself and the Creator, whatever one perceives it to be. The body is the vehicle to experience all of the dimensions of life, both spiritual and physical, while living in creation, on Earth.

Every person affects the whole world by his or her thoughts, knowingly or unknowingly. We each function as a unique cell in the body of the Universe, in the mind of the Infinite Creator. Quantum scientists today call this the Unified Field.

Whether religious, Meta physical or scientific terms are used, it should be clear that the meaning of Oneness is the same. Misunderstandings of Universal Oneness, have created fear, inhumane behavior and war between nations, religious groups and individuals. Fear can now end. The following true story illustrates the connectedness we all share.

Dr. Ahaleakala Len, aka Dr. Hu Len, was asked to administrate a mental hospital. Patients in the hospital were so dangerous the doctors and nurses had to walk with their backs against the walls for fear of attack. Doctor Len agreed to take the position. However, he refused to see the patients in person. Rather, he requested that only their charts be brought to him.

After a short time, the atmosphere in the hospital changed. The staff stopped calling in sick. They could walk the halls without fear. Miraculously, every patient was healed and all were discharged. Soon the hospital closed down when the last patient went home. Doctor Len was asked how he accomplished this incredible miracle? He said "I simply said to each person 'I am sorry and I love you'." He repeated this over and over with love and sincerity until the patient became well. He explained that every person in the world is connected at the mind level; we all affect everyone else.

He continued saying "Love is the only power that brings balance to the mind which affects the body, behavior and the lives of those persons affected." Everyone influences us all in various ways, until we develop the ability to choose our thoughts consciously. Thus giving us the ability to re-create

our lives as the Masters of our individual selves with new thoughts leading to dynamic new changes.

LAW – Know Thyself

Self-Knowledge is to know the essence of Self, which is the ultimate quest of life. We know ourselves by becoming completely self-aware, that we are spiritual beings, capable of expressing the full capacity of life *consciously*. We then discover our true Self, the consciousness of the Infinite Spirit within each of us.

We are more than our brain and body alone. They become the 'garment' we 'wear' in this physical spiritual realm. Our bodies can be trained to change frequencies at will in order to experience other dimensions, while living in the body, without giving up our lives to death. As predicted in many holy books, Quantum scientists have discovered other dimensions with technology. Meditation is the original, ancient method to 'go within' and experience other dimensions.

Thought is living substance, a frequency or vibration that creates physical reality. Knowing how to think is called Mastery. Our Lymphatic System functions supremely well in Self-Mastery.

To know the essence of Self reveals the meaning of life. To know ourselves consciously as Spirit beings expressing life, in energy bodies, is to know our true identity. The gift of self-knowledge is the highest aspiration one can attain in life.

LAW – We Can Only Experience Our Awareness

We can only experience what comes into our awareness. To bring the unseen into awareness is the divine responsibility of each person. This is why the quest for knowledge, especially of Self, stands as the hallmark of Mastery.

Knowledge is power when aligned with wisdom gained from inner and outer experience. We are advised to choose our thoughts well because what we think eventually becomes our experience and what we truly know. Thoughts bring into our life what is thought upon, the most.

We are individual expressions of life. It is essential to understand that, **no person is here to live up to anyone else's ideas or opinions of who he or she should be or what he or she should do**.

It is the exclusive life right of each individual to choose to live their truth and attain self-realization. 'To be or not to be' is the ultimate question, to be answered by each person alone. The Lymphatic System informs us in which direction our thoughts are taking us by creating dis-ease or vibrant health in the body.

LAW of Congruency/Integrity

There is congruency in all life, even though less evident at times. The mind and body are one entity and are referred to as Mind/Body or Body/Mind. They are two sides of the same coin. The body always follows the mind and the mind follows the heart when they are in positive congruency with the Law.

When in negative congruency, fear of some kind has entered the mind and causes dispositive results without regard for the heart. For example, we can be of service to humanity while taking care of our own health and well being, or we can take care of ourselves only, without regard for others or their rights.

Total service to self creates inhumanity to man to the exact degree of the disregard of others. Understanding fully that our thoughts and actions affect others is a truth, which can lift humanity out of the cycle of death consciousness we live in. Unless we make positivism the central point of our thoughts and actions, the mortal mind leads our thinking instead of the heart and we function from a state of separation. This allows the intellect and the personality to dominate our choices. Together they are termed the Altered Ego. The Altered Ego demonstrates self-centeredness and separation, leading to a predominantly service-to-self mental state, eventually bringing about discord in the mind and body, via the lymph system.

The Altered Ego has a false sense of superiority which leads to negativity and false assumptions about others being unworthy in some way. The Altered Ego perceives itself as worthy enough to pass judgment on others, disregarding their sovereign rights as human beings. War is the ultimate expression of an Altered Ego. Disease in the body is a demonstration of this state, mentally and physically, as the Lymphatic System malfunctions and cells deteriorate.

A self-serving attitude is the root cause of all suffering and man's inhumanity to man. 'War' is the definitive inhumane Altered Ego act, be it territorial, racial, financial, psychological, emotional, philosophical, or spiritual. Cancer is a metaphor for 'war' because the cancer cells are disconnected from the healthy, functioning cells. This lack of

communication and inability to co-operate perpetuates cancer cells as they grow and the healthy cells are diminished.

The Lymphatic System was created to keep a healthy cellular environment by eliminating harmful life forms and substances which destroy the health of the cells. It preserves the integrity of each cell and protects life while it mirrors our thoughts showing us what we are actually creating, as our state of wellness.

Integrity

Our thoughts, actions and words must be synchronized with the positive, or heart, at all times in order to have complete balance. It is from this integrity that the Fountain of Youth flows continually throughout our lives. When our thoughts, actions or words are out-of-phase with the heart, confusion results. In time, this leads to dis-ease in the body.

A lack of truth in thought, word and deed creates chaos. Truth in thought, word and deed brings harmony and order into the body. When we function from a positive place, it is easier to be aware of and in control of our thoughts.

Babies and young children are perfect examples of this state of integrity as we witness their positive interest in life and in themselves, with no comprehension of dwelling on negative experiences. There is always a new thought or activity to keep them happy and full of energy.

LAW of Reflection

The Lymphatic System is an electro-magnetic mirror that reflects all thoughts back to our cells. The body always reflects the mind's choices and **the body molds itself to the mind's thoughts.**

The Lymphatic System demonstrates the physical outcome of our thoughts and choices. Therefore, choices which promote positive thinking and actions create abundant and radiant health. Choices reflecting anything other than positive thinking and action will result in poor health. When we are completely honest with ourselves and aware of the thoughts, actions and choices that we make in life, we can recognize symptoms and diagnose the origin of our health issues.

Honest conscious awareness allows us to correct imbalances and restore our health to perfect vitality. This is called Youth. In every moment the body is the Divine Mirror of this law. The quality of our thoughts determines the state of the Lymphatic System, which is the cornerstone of our health and well being.

LAW of Attraction/Reciprocity

This law is supreme and the previous laws are integral parts of this law. We only attract what we think about with strong intention. What we focus our thoughts on the most is created in our lives to experience, whether negative or positive.

Being electro-magnetic, the Lymphatic System carries all thoughts and emotions as an energy signature, which affects our cell's health. Remember the sayings, 'Like attracts like' and 'Birds of a feather, flock together". Positive draws to itself positive. Negative draws to itself negative. You get what you

vibrate, literally. You may not receive it back from the person to whom you gave it. However, the energy of what you gave will return....either immediately, in days or even years.

There is a quintessential film titled ***The Secret.*** This film demonstrates The Law of Attraction in a most creative, positive and inspired manner. It is currently making a powerful impact on viewers around the world. The visionaries who produced this film are professionals who have all applied 'the Secret', the Law of Attraction, in their lives and are now helping others do the same. I call this fascinating and life-changing film a 'Labor of Love' because it uplifts the most depressed and disheartened spirits. Learn more about ***The Secret*** by going to www.thesecret.com. This brilliant film offers a deeply moving and transformative experience.

The Law of Attraction is the ultimate key guiding us toward self-awareness and self-actualization. There is no need to die in order to encounter other planes of existence. Ignorance and lack of spiritual awareness prevent us from experiencing other dimensions.

Reciprocity - We Reap What We Sow

Every action follows a thought and has a consequence, a reaction, which is always equal to the thought. It can even be the opposite of what we wish to achieve or attract, which happens when we are unaware of our thoughts. When we act positively, the response is in harmony with our actions and is positive. Negativity and disharmony is generated when we think or feel negatively.

There are two states in which we can choose to live: LOVE or FEAR. Fear is considered 'False Evidence Appearing Real'.

Living in fear creates duality and a false sense of separation. **Fear puts our cells on defense, creating stress and the 'fight or flight' response, which, in turn, leads to blockages in the Lymphatic System.**

When we act unconsciously, without awareness of our thoughts or feelings, we manifest duality. Duality is a false state of being which is experienced as separation and opposing forces, such as enemies. Duality can only see one side of the whole. This one side *appears* as whole and real. This is called 'a mind in the state of Duality', the playground for the Altered Ego.

Choice and Free Will

In life there are contrasting experiences and reflections in order to give us choice. We are the only life form on this planet with the ability to exercise total free will. All other creatures live within the framework of their genetic limitations without free will to change their state of being. Humans have this ability which grants them the consciousness to know themselves beyond survival, to think unlimited thoughts and realize their Magnificence.

Free will is conditioned by our families, communities, education and culture until full knowledge of one's Self emerges. When we attain complete self-realization, we truly know and choose to live our life through the essence of our being. This state is called Christ Consciousness, Divine Enlightenment, Infinite Intelligence and God...the Nameless One and All. There are many cultures with different names for this State of Being. When the Lymphatic System is perfectly functioning it provides a conduit through which Divine

Consciousness moves in our bodies, expressing youth, radiant abundant energy and joyous life.

The body always reflects the mind's choices and is fully molded by our thinking. The Lymphatic System creates the physical outcomes of our conscious or unconscious choices in thought, with our health as the evidence of our choices.

CHAPTER THREE

Secrets of the Lymphatic System

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"Every disease known to man is caused by blockages in the Lymphatic System."

Dr. Charles Guyton

The Lymphatic System Is Electro-Magnetic

3

Dr. Charles Guyton wrote extensively about the Lymphatic System in his textbook on Physiology of the Human Body when he made this statement. His textbook was used in America until the 1980's.

Everything in the body is made of cells. All life and death begins at the cellular level. The Lymphatic System is electro-magnetic and maintains the health of the entire cellular terrain. Its movement is upward, towards the neck, against the force of gravity. It is the most extensive system in the body. Laid out end to end it would surround the earth.

All of the water in the body is lymph fluid. The blood is 90% lymph fluid and 10% hemoglobin. Blood carries oxygen for cellular respiration, regeneration and purification of the body. When purified, lymph fluid leaves the nodes and enters the heart. It picks up blood platelets that carry oxygen, circulating it through the arteries and veins of the Circulatory System.
\
The Lymphatic System is the other half of the Circulatory System. In western medicine it considered is a separate system.

All Disease Has One Cause

Hypoxia is a cause of every disease known to man. Hypoxia is the severe lack of oxygen at the cellular level. It is the cause of all pain anywhere in the body. The type of disease created is determined by the part of the body affected and the chain reaction caused by the hypoxia and cells dying *en masse*. When over 20 per cent of the cells in the body die, the Death Hormone is released from the pituitary gland, a master gland in the brain, and death follows.

Joy, Happiness and Laughter and the Lymphatic System

Joy is the ability to express delight, gladness or pleasure which brings forth happiness.

Joy allows for the greatest fulfillment and upliftment to freedom of the mind. With a mind full of happiness and joy all things are possible. The power inherent in Joy is the catalyst for things to occur. What ever the mind is focused upon while in joy or happiness, the body instantly expresses as feelings of well-being and comfort.

Think of a person, place, thing, event or time when you were feeling happy. Just thinking about it brings that feeling into the present moment. The mind and body express the joy of the memory. The aches or pains are gone as happiness fills the body. Freedom from suffering is occurring when we are in that wonderful, joyous and happy moment.

We can actually train ourselves to feel the feelings of happiness by focusing on them. Holding happy feelings will bring the mind into a joyous state every time.

The Secret is to visit the happy places in our lives, in order to keep us thriving and healthy during all of our present moments. By this method, no occurrence in life need ever bring continual suffering. Suffering, therefore, becomes an option.

Laughter is a gift to every person and brings about joy, happiness and good feelings that restore balance to the body and maintains good health.

Comedians are often Shaman, regardless of gender. They are quintessential healers because they heal with the power of laughter. **Laughter removes stagnant energy from the body and brings oxygen to release stress**. A good belly laugh does wonders for our health and lymph system.

The Shamans of laughter are the ones who can show us the joy in what we perceive as tragedy. They are able to release the pain so that the wisdom of the situation can be realized. They are supreme at relieving suffering.

The Master comedians are usually the ones who have suffered so much that the comedy was clearly seen. The ones I have met are brilliant in their ability to see behind every action, theirs as well as others. Deep insight is essential to the comedy that we experience from their story-telling abilities. The greatest comedians like Richard Pryor, Lenny Bruce, Lucille Ball, The Three Stooges, The Marx Brothers, Whoopi Goldberg, Robin Williams, Chris Rock and Charlie Chaplin are only a few of the masters who communicate the wisdom of the human condition through their brilliant humor.

Laughter and Disease

There are numerous accounts of healing through laughter. Cancer cases are some of the most dramatic examples of the power of laughter.

Creating Your Joy Hour

Take at least one hour each day to do something that brings you great joy. It should be something that does not involve another person. Think of anything you love, or something you did as a child. Spend an hour doing it. Make a commitment to yourself to create your 'Joy Hour', everyday. **EN-JOY**.

The Light Body

The Eastern philosophy of the Lymphatic System is that it ***is*** the Light Body. Many cultures call it the White Blood System. The Lymphatic System is the gateway for communication between the lymph, blood and our multi-dimensional energy bodies. It is also the oxygen delivery and purification system at the cellular level.

The Fifth Element

Consciousness sustains itself; oxygen allows the cells to breathe and multiply. Unless oxygen is abundant, the cells' energy gets depleted over time creating Hypoxia. When oxygen is absent, the cells' energy dies out. Each cell in the body is an energy generator. The kind of energy it generates determines the function of the cell, system, limb or organ of which it is a part. Each cell receives its orders from the DNA via RNA when initially created.

Oxygen carries Life Force in the breath. In ancient times and in present wisdom school teachings, Aether (Ether) is the fifth element: the element of Consciousness. It is attached to and rides along with oxygen molecule, inextricably combined and giving breath its coolness. Aether allows people to know themselves as Consciousness and to experience free will and choice. Man and all other life forms process the four elements: Earth, Air, Fire and Water. Man is the only life form on Earth that can process Aether, allowing for unlimited thought, choice and freewill. All animals and life forms do have Aether flowing through them, activating consciousness, as does Man.

Human beings are not animals. They may act like animals when failing to demonstrate self-awareness. Only humans

have the ability to experience unlimited thought, freedom of choice and free will, beyond instinct or genetics.

This Magical Breath of Life

Oxygen is collected on platelets. Platelets are actually microscopic plates, each carrying a serving of oxygen. In live blood cell analysis the blood is observed on a large monitor. This observation process is called Dark Field Microscopy. Oxygen is seen as a light sitting in the center of the platelet. When we are healthy, the light covers the entire platelet and they are separate, yet close to each other.

WE ARE SERVED OXYGEN ON MICROSCOPIC PLATES EVERY SECOND OF OUR LIVES.

Take a moment to fully contemplate this. Every-breath, a perfect serving of oxygen on tiny 'plates, glistening white light… Consciousness… Love. Now, **Be with that vision as you take in every breath, with appreciation and gratitude.**

My whole being was silenced when the full realization of this phenomenon illuminated my mind. The Unconditional Love represented by this is beyond all words.

The Vehicle of Consciousness

Consciousness interacting on the brain is called mind, which holds all systems in the body together. Therefore, Oxygen sustains our mind and cellular breathing, keeping us alive and is the vehicle of conscious; therefore, Consciousness grows when oxygen flows.

Aether exists to hold our consciousness or life force within physical form; Oxygen is unable to move through polluted lymphatic fluid and slowly, Hypoxia grows. Hu-man beings and all tiers of life are expressions of consciousness and kept alive by it. Therefore, we die in minutes, without Oxygen.

Our Protein Production Organism

The entire human body is a protein production organism. Every system has its own set of proteins to run that system. Different types of proteins are created based upon what is required for each system. The health of the body is determined by the organized, orderly function of its cells. Proteins are also information carriers to and from the brain and all cells.

- **A cell is a functional unit of the body.**
- **The human body is made up of trillions of cells.**
- **The human body is a protein production plant.**
- **All living things are made of proteins.**

Different types of cells in the body make different proteins, based upon the function of the cells. *Examples:*

Bone cells produce Collagen proteins.
Muscle cells produce Actin and Myosin Muscle proteins
Stomach cells produce stomach Enzyme proteins.
Skin cells produce Collagen and Elastin proteins.

Cells create tissues, which create organs, which organize into systems, which creates the body:

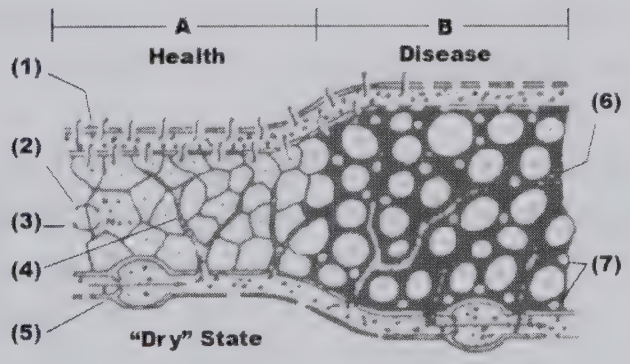
Cells → Tissues → Organs → Systems = The Body.

Stomach cells **→ stomach tissue → stomach organ**
→ gastrointestinal system = The Body

Muscle cells **→ muscle tissues → muscle organ (arm)**
→musculoskeletal system = The Body

When cells are in a healthy state, there is just enough water in the cellular terrain to separate the cells one from another keeping everything tight. This is called the 'dry state' or healthy state.

As mentioned, when an upset or imbalance occurs, water pours into the cellular terrain, following the protein, surrounding it and holding it like a magnetic glove. The cells separate from each other, removing them from the dry state as the spaces fill with water. When this happens, movement of life-giving oxygen through the water is prevented. Our cells are perpetual and will survive in this condition for a long time before oxygen deprivation (hypoxia) occurs. With hypoxia, cells are dying and disease is always present at this point. Disease may remain undetected until discomfort or pain is experienced.



Lymph capillaries have suction phalanges in between the cells which are microscopic, finger-like, vacuum suction cups.

Excess water in the cellular spaces causes the suction phalanges to lose their power or ability to drain the environment to keep the cells clean and dry. Toxins, parasites and other waste products collect in this water-filled terrain and eventually cause disease as the cells become starved for oxygen.

Other Causes of Hypoxia

Electromagnetic pollution is a widespread culprit. Improperly grown and processed foods that we eat, such as foods grown with pesticides and inorganic fertilizers, rendered food, foods with preservatives, artificial coloring, excess sugar and salt. Saturated and hydrogenated fats (fats that remain solid at room temperature such as butter, lard and margarine) will create blockages by sticking to the walls of our arteries and veins, contributing to heart disease. Surprisingly, plaque from our teeth also sticks to our arteries contributing to heart disease.

Air pollution takes its toll bringing us airborne chemicals and diseases from around the world...hydrocarbons, chem-trails and so on. Unclean water containing toxins, fungi, pollutants and parasites also cause Hypoxia.

All Drugs, illegal, sold over-the-counter or by prescription, as well as tobacco and alcohol, create lymph blockage because they contain substances that are not a natural part of the food chain and are not recognized as food. This creates low level fevers, borderline high blood pressure or allergic reactions, to name a few. Chronic pain from old injuries occurs because oxygen is lacking in the damaged areas that remain unhealed. When stress occurs, the unhealed area fills with fluid, and pain is the result, chronically.

When a garment presses into the skin enough to leave marks, lymphatic blockage is created.

All words are frequencies of energy. All words have power. It is by our words that we maintain our health or lose it**. Negative words have power and cause blockages.** What we say to another and to ourselves is crucial to our state of health. Congruency must be kept in thoughts and words that are positive and uplifting to maintain good health.

The body always follows the mind. If the mind is experiencing negativity through the senses or emotions, the lymphatic system receives blockages.

Our Divine Lymphatic System is the communication system for all the frequencies inside and outside of our body. It shows us perfectly the effects that all of life is having upon us. These effects either maintain the health of our sacred temple or destroy it. The processes taking place are cellular and unseen until serious damage occurs and discomfort is felt. **Even in the face of severe deterioration, there is always an opportunity for wellness because we are also Spirit.**

What Is Lymph Blockage?

All of the aforementioned conditions create **trapped proteins**, which **comprise all lymphatic blockages in the body**. When proteins coagulate and stick together. They are called 'trapped' proteins. Cells become surrounded by water preventing oxygen from reaching them. Unless the water is removed, the cell's energy expires over time. This is termed 'cell death'.

When a person suffers shock from a severe accident, dehydration, environmental pollution or surgery, water pours

into the cellular terrain so fast that nearly all pressure is lost in the Circulatory System. Unless the excess fluid is removed within a few hours, death may occur as the person literally 'drowns' at the cellular level. It doesn't take a major event to trigger oxygen deprivation. Our lives today are filled with minor stresses which result in blockages in our Lymphatic System creating hypoxia on a smaller scale. Unfortunately, hypoxia is cumulative.

These little shocks, as well as those caused by emotional upsets, initiate an accumulation of water in the cellular terrain until the lack of oxygen creates feelings of lethargy, aches and pains as the cells die. The symptom of pain is a phone call from your cells crying out for oxygen.

Lymphatic detoxification is imperative! By breaking down protein blockages and restoring the flow of oxygen, cells thrive once again. If the cells are too damaged, the Lymphatic System eliminates them completely from the body, consequently restoring homeostasis/health

We will experience symptomatic warnings prior to the onset of serious disease.

The first warning or change is in pH. (pH is code for 'power of Hydrogen'). It denotes the amount of hydrogen present in the body fluids and determines the alkalinity or acidity of the cell terrain. **Disease occurs only in an Acidic cell terrain.**

The Immune Response

Simply stated, the immune response is the recognition of foreign cells and proteins from the bodies own indigenous ones. Failure of the lymphatic function to distinguish between

what is foreign or indigenous leads to what is called an Auto-Immune Response.

Common disorders of the immune system are: hypersensitivity, immune deficiency, also called lowered resistance and auto-immunity. These can produce a wide range of common or rare symptoms when the 'T-Cells', the fighting white blood cells of the immune system, start to destroy the body's own indigenous cells.

Any substance capable of triggering an immune response is called an 'antigen'. An antigen can be a virus, bacteria, fungus, parasite or a chemical which is not a natural part of the food chain. One example is Aspartame, an artificial sweetener known to create numerous disorders and diseases. It is included pervasively in diet drinks and many processed foods.

Immune Responses – Two Types

The two types of immune response are called 'natural' and 'acquired'. Vaccinations are a good example of acquired immune response when the body responds to the virus or organisms in a vaccine.

An example of natural immunity or 'passive immunity' comes from a mother's placenta during gestation. IgG (an immuno-globulin) travels through the placenta, providing the baby with the same immunities as the mother. Nursing babies also receive colostrum, a super-immune, clear liquid secreted through the nipples of the mother at birth prior to the arrival of the first breast milk. It is imperative for parents to know that the birth process is incomplete until the colostrum is received by the infant.

An immune response can be triggered by infection or vaccination. Vaccines contain disease-causing micro-organisms which trigger an immune response. Unfortunately, sometimes a disease may be produced by this process.
Major categories of the immune mechanism are:

1. **Non-specific**: A generalized reaction against all foreign substances

2. **Specific**: A protective response against a specific antigen (virus or bacteria)

A toxin is a particular foreign protein, such as proteins from transplanted organs, which can also act as an antigen. Proteins are building blocks of the body and the body must recognize its own proteins as native rather than foreign. This explains transplant rejection. Precautions must be taken during and after the transplant process to prevent rejection.

Immunization

Since the early 1900s, immunizations have been administered extensively worldwide. Before he died in 1995, Jonas Salk, the father of the polio vaccine, announced to the medical community "**immunizations do not work**" *because every case of polio since 1965 has been caused by the vaccine.* There is much research to support this.

Dr. Len Horowitz

The book, ***Vaccines***, written by Dr. Len Horowitz gives the whole story about immunization. Dr. Horowitz describes his horrific encounter with the elementary school education system when he made the decision to protect his children from

vaccines. This book is worth studying. The reader will be amazed to find out that vaccines are laced with dangerous substances harmful to future health. Dr. Horowitz's documentation comes from medical research data on vaccines previously withheld from the public.

I studied vaccines when I was pregnant and discovered much of the same information that Dr. Horowitz wrote about. The most natural immunization is when a mother breastfeeds her new borne baby. As mentioned previously, the infant receives colostrums, containing all of the immune properties, which protect against childhood diseases.

The female body is designed to administer to the baby. Therefore, I encourage all healthy mothers to breast feed their babies. Beside the immune properties, which are numerous, breast-feeding will pull the womb back into its original position and muscle tone.

CHAPTER FOUR

'Lymphy/Lymphette' to the Rescue!

*"Everyone has a '**Lymphy/Lymphette**'. He or she demonstrates the different states of health compromising the Lympathic System."*

Dr. Tapzyana B. Thomas

Learn About Lymph with Lymphy

This chapter illustrates what is in Chapter 3

"Every disease known to man is caused by blockages in the Lymphatic System"

Dr. Charles Guyton

Dr. Charles Guyton wrote extensively about the Lymphatic System in his textbook on Physiology of the Human Body when he made the above statement. His textbook was used in America until the 1980s. This statement is true because all life and death begins at the cellular level. The Lymphatic System maintains the health of every cell and is the most extensive system in the body.

The Lymphatic System is electro-magnetic. It is the oxygen delivery and waste removal system for the cells, maintaining the health of the entire cellular terrain. Its movement is upward, towards the neck, against the gravity.

The Blood Circulatory System is actually the other half of the Lymphatic System. Western medicine defines them as separate, while Eastern medicine sees them correctly as one. The Circulatory System brings oxygen into the body through the lungs to the heart. The Lymphatic System distributes oxygen directly to the cells from the Circulatory System. Blood is 90 per cent lymph fluid and 10 per cent hemoglobin. The exchange from lymph to blood occurs in the heart. The blood and lymph are filtered at least once by the lymph nodes before returning to the heart.

Unless protein blockages and excess water are removed from the cellular environment, deterioration begins to occur. We receive warnings as symptoms before any disease arises. The first warning sign or change is in the pH. **pH** is the code for **power of Hydrogen** and signifies the amount of hydrogen that is present in the body fluids. This determines the alkalinity (health) or acidity (illness) in the cellular environment.

LYMPHY, Everyone's Companion

The friendly character, Lymphy, looks like the Lymphatic System at the surface of the body. Lymphatic fluid is a clear, golden-yellow liquid when the body is healthy.

When blockages occur, lymphatic fluid changes color, as the health of the body alters. Lymphy demonstrates the sequence of events occurring at the cellular level when the body becomes acidic.

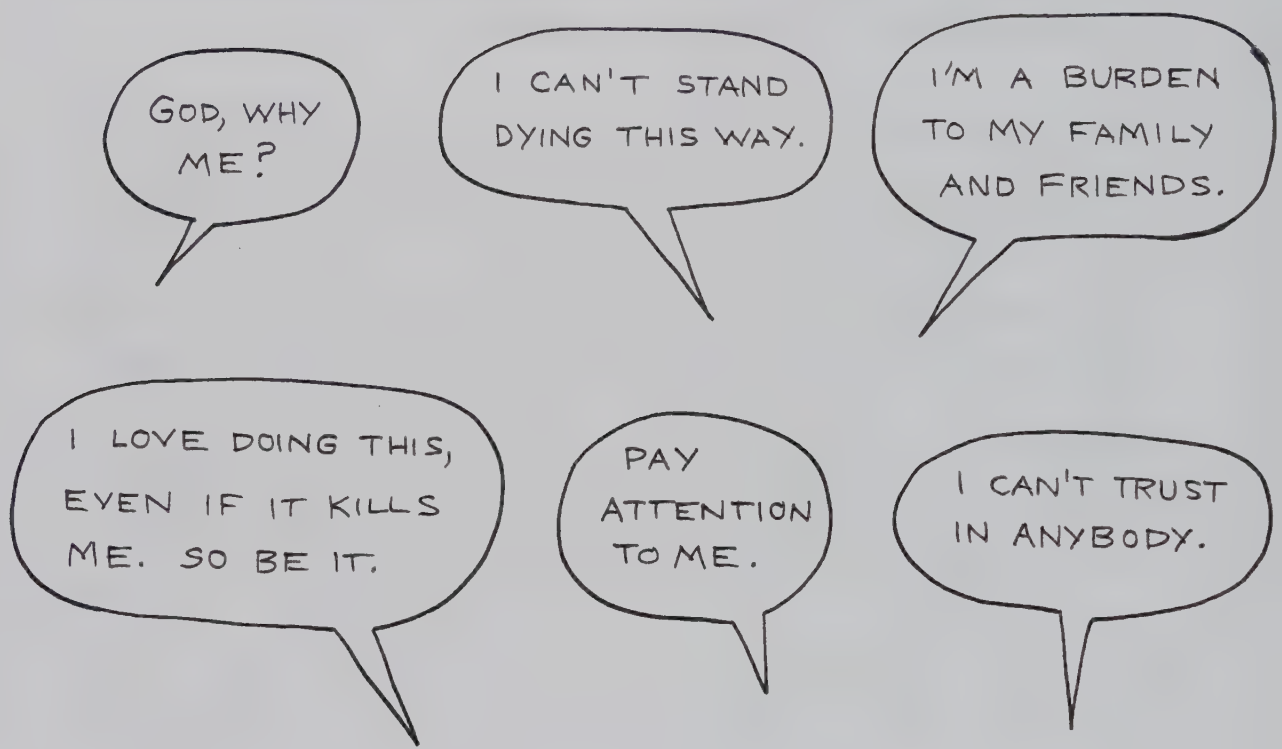
Protein Blockages

The body produces proteins to run every system and function. Each system has its own specialized proteins which keep it functioning perfectly. Protein blockages are serious and must be removed from the Lymphatic System.

Protein blockages, which are called 'trapped proteins', lead to illness and dis-ease. Cleansing the Lymphatic System is imperative to maintain optimum health. The BELD™ System and self-help techniques are discussed in ***Secrets of the Lymphatic System.*** The clear and detailed information in this book help you understand and cleanse the Lymphatic System.

On the following pages, Lymphy demonstrates different causes of lymphatic blockage and the stages of health beginning with radiant health to ill health and finally, eternal peace.

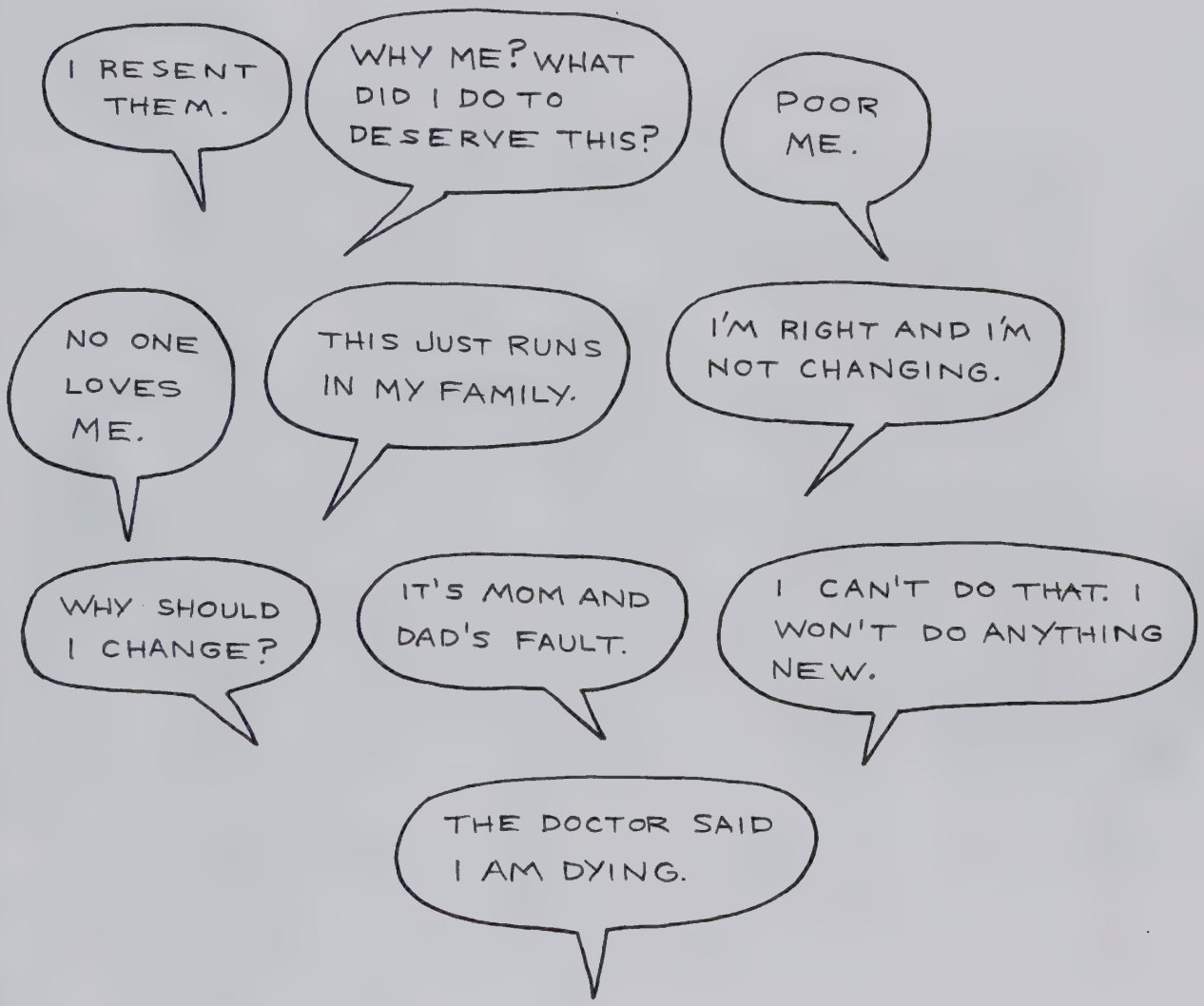
Negative Thoughts and Feelings Cause Protein Blockages


GOD, WHY ME?
I CAN'T STAND DYING THIS WAY.
I'M A BURDEN TO MY FAMILY AND FRIENDS.
I LOVE DOING THIS, EVEN IF IT KILLS ME. SO BE IT.
PAY ATTENTION TO ME.
I CAN'T TRUST IN ANYBODY.

Negative Thoughts and Feelings are forms of energy or frequencies that cause lymphatic blockages. These are released by using natural bio-energy techniques such as meditation and bio-electric technology, the **BELD™ System,** which is designed to remove the trapped proteins.

Positive Thoughts keep the Lymphatic System healthy, the cells thriving and the body radiant, flexible and a joy to live in. A long, happy, fulfilled and abundant life is our objective. The key to longevity and youth is found within us.

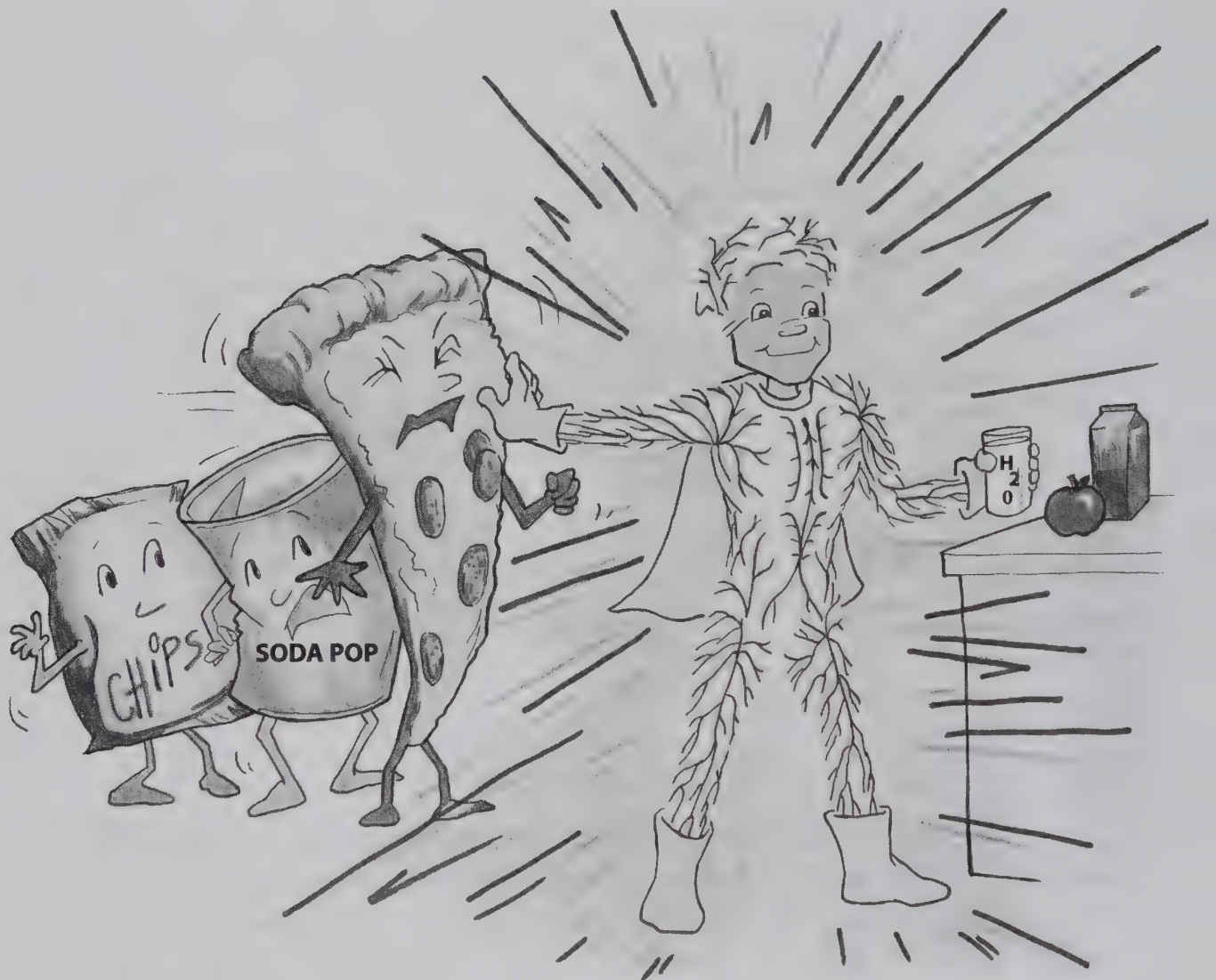
Negative Thoughts and Feelings Cause Deterioration of the Body


I RESENT THEM.
WHY ME? WHAT DID I DO TO DESERVE THIS?
POOR ME.
NO ONE LOVES ME.
THIS JUST RUNS IN MY FAMILY.
I'M RIGHT AND I'M NOT CHANGING.
WHY SHOULD I CHANGE?
IT'S MOM AND DAD'S FAULT.
I CAN'T DO THAT. I WON'T DO ANYTHING NEW.
THE DOCTOR SAID I AM DYING.

Positive Thinking and Feeling Good About Oneself Is the Solution

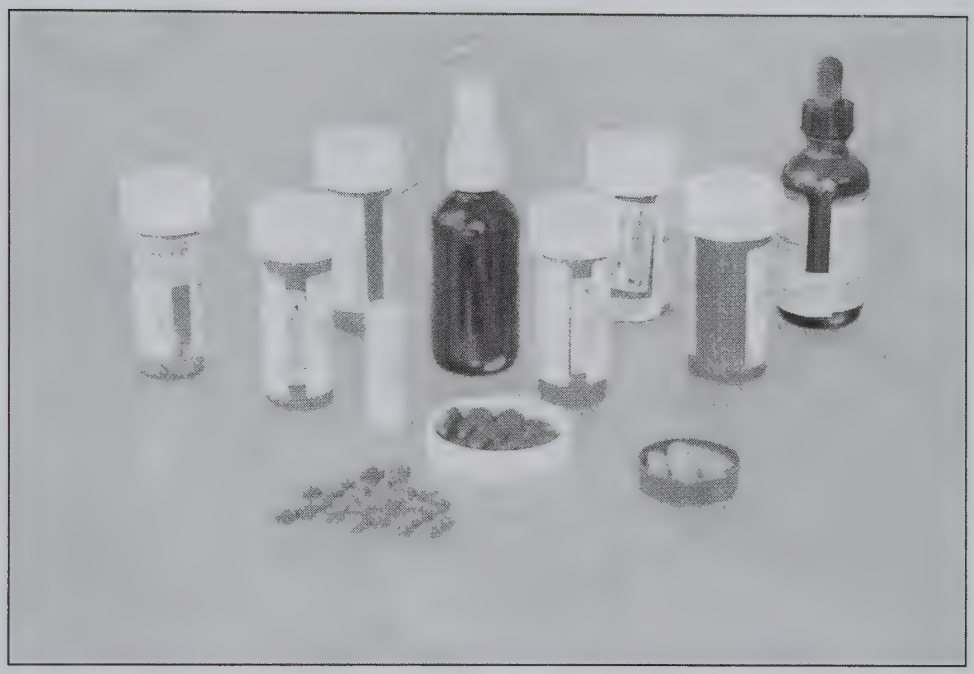
Positive thinking contributes to health, energy, vitality and youth. A willingness to change our thinking and the way we speak, especially when we feel ill, is of paramount importance to getting well. Think positive and loving thoughts and you will change your health and life.

A Non-Nutritious Diet and Unclean Water Create Lymph Blockages



Clean water helps flush toxins from the Lymphatic System. Avoiding processed and junk foods, additives, food colorings, excess sugar in beverages and food, pesticides, hormones and genetically modified foods (GMOs) is necessary to assist the Lymphatic System maintain the body's abundant health and well-being. **Pure water and whole fresh foods help prevent protein blockages from occurring.**

Drugs



All drugs cause Lymphatic blockages, whether prescribed, over-the-counter and street drugs. The human body can only process chemicals which are a natural part of the food chain. Blockages occur with drugs and toxic substances because they are unable to be processed and used as food for the body. These substances must be removed from the body to maintain health. Toxins include heavy metals in teeth, such as mercury and lead. Chemicals may leak from some plastic bottles into the liquids they contain and are also toxic. It is proven that plastic bottles left in the sun can cause cancer of the breast, especially in women.

Stress

Stress and anxiety resulting from people, places, things, time and events create emotional discomfort and a feeling of being pressured. This causes blockages in the Lymphatic System. Wearing clothes that are tight enough to leave an impression on the skin also causes lymphatic blockage. It is suggested to wear very comfortable, natural fiber clothing as often as possible.

Electro-Magnetic Pollution

Radiating energy from modern devices, such as cell phones, televisions, computer monitors and other electronic equipment affects the proteins in the body. This causes blockages because our body's systems are maintained by proteins which can be altered or destroyed by these devices. For example, the cause of brain tumors has been attributed to the use of microwaves, cell phones and to electric wires. These and other invisible electro-magnetic waves are now proven to be harmful to the human body.

Environmental Pollution

The human body is unable to process environmental pollution which contains chemicals that are not a natural part of the food chain. Blockages occur, creating discomfort, allergies, respiratory illness and disease. Some solutions are: cleansing the Lymphatic System and breathing clean air. Self-induced pollutants such as smoking cigarettes are included in environmental pollution. Even second-hand smoke has been proven to be carcinogenic/cancer-causing.

Noise Pollution

One of the most dangerous pollutants is loud and excessive Noise. The Lymphatic System responds to sound. Discordant, sounds can cause blockages, instantly leading to physical, mental and emotional problems, such as anxiety, depression and dysfunctional behavior including ADD and ADHD. Excessive noise can lead to pain and hearing loss as well.

The Results of Blockage

Stage One

Stage One – The first symptoms of protein blockage are a feeling of fatigue and a noticeable loss of energy.

Stage Two

In Stage Two, intermittent aches, discomfort and chronic pain is experienced. The Lymphatic System must be cleansed or Stage Three will occur. At this stage, the Lymphatic System is chronically blocked.

Stage Three

In Stage Three pain is frequent and the cells are screaming "We need oxygen." Blockage has completely cut off oxygen where the pain is experienced. This is called 'Hypoxia', an extreme lack of oxygen at the cellular level. The acid/alkaline balance is totally out of harmony and the body remains in an acidic condition. Hypoxia is the cause of pain regardless of where it is located in the body. Unless the Lymphatic System is cleansed at this point, Stage Four occurs....the beginning of disease.

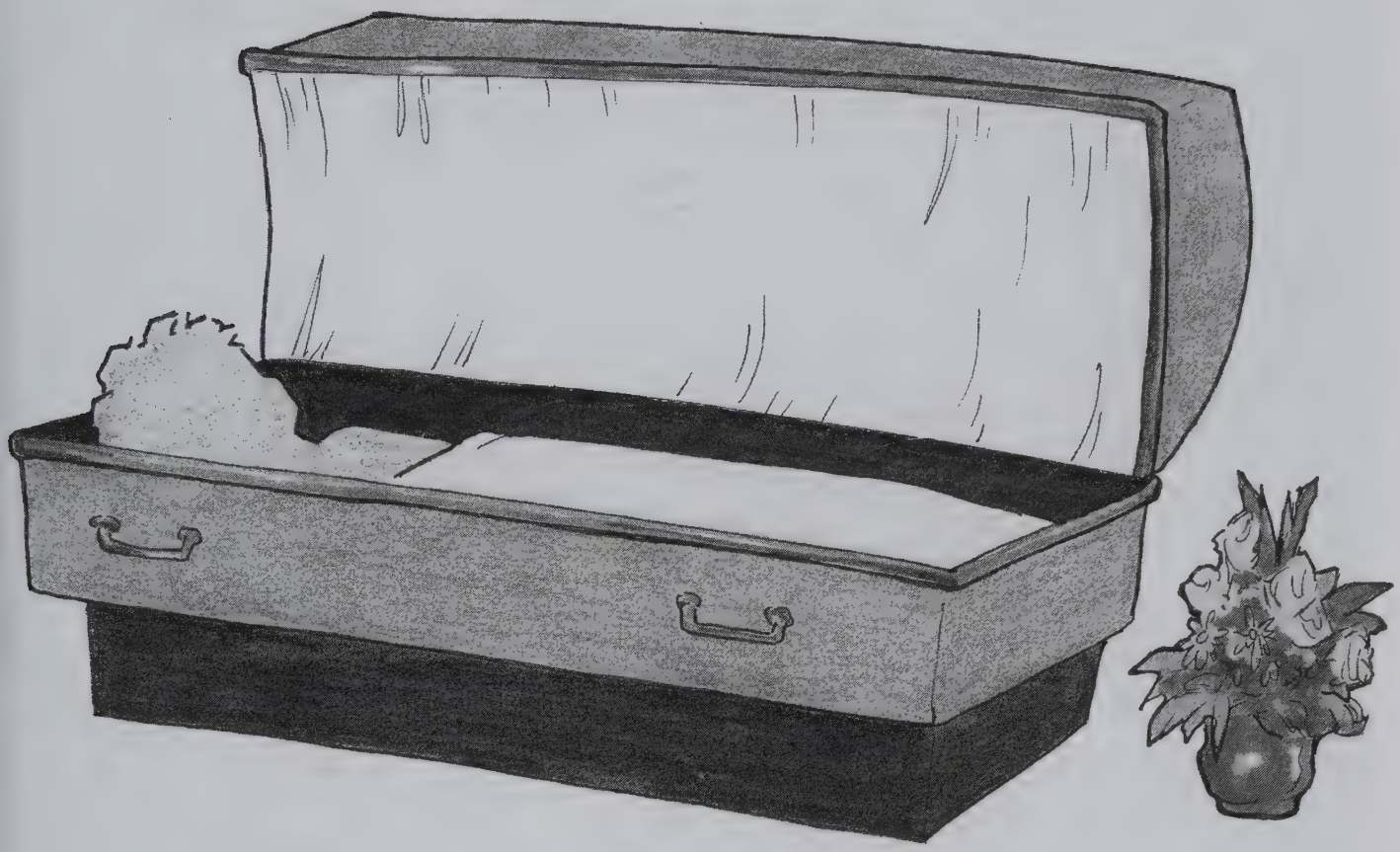
Stage Four

In Stage Four disease becomes apparent. The type of disease is determined by the part of the body affected by the mass of dying cells. In each stage leading up to Stage Four, the Lymphatic System becomes increasingly blocked and the energy (represented by broken lines around the body in these illustrations) is continually diminishing unless the Lymphatic System is cleansed. At this point, Stage Five is eminent. However, this stage can be avoided by cleansing the Lymphatic System at any of the earlier stages of blockage. It is critical to remain alert to your state of health in order to be aware of your Lymphatic System's condition and well-being.

Stage Five

In Stage Five the oxygen content in the body is extremely low. Confinement to bed becomes necessary. Fear and negative thinking may grip the mind. Dying cells are approaching the 20% rate of expiration due to high levels of protein in the blood. This prevents oxygen from entering the blood stream. Hypoxia is nearly 100% complete and death is near unless the Lymphatic System is cleansed allowing massive amounts of oxygen into the body and a strict detoxification program is followed. **This includes hydration, nutrition, elimination and emotional release. At this point a shift to a positive attitude is most essential.**

Stage Six



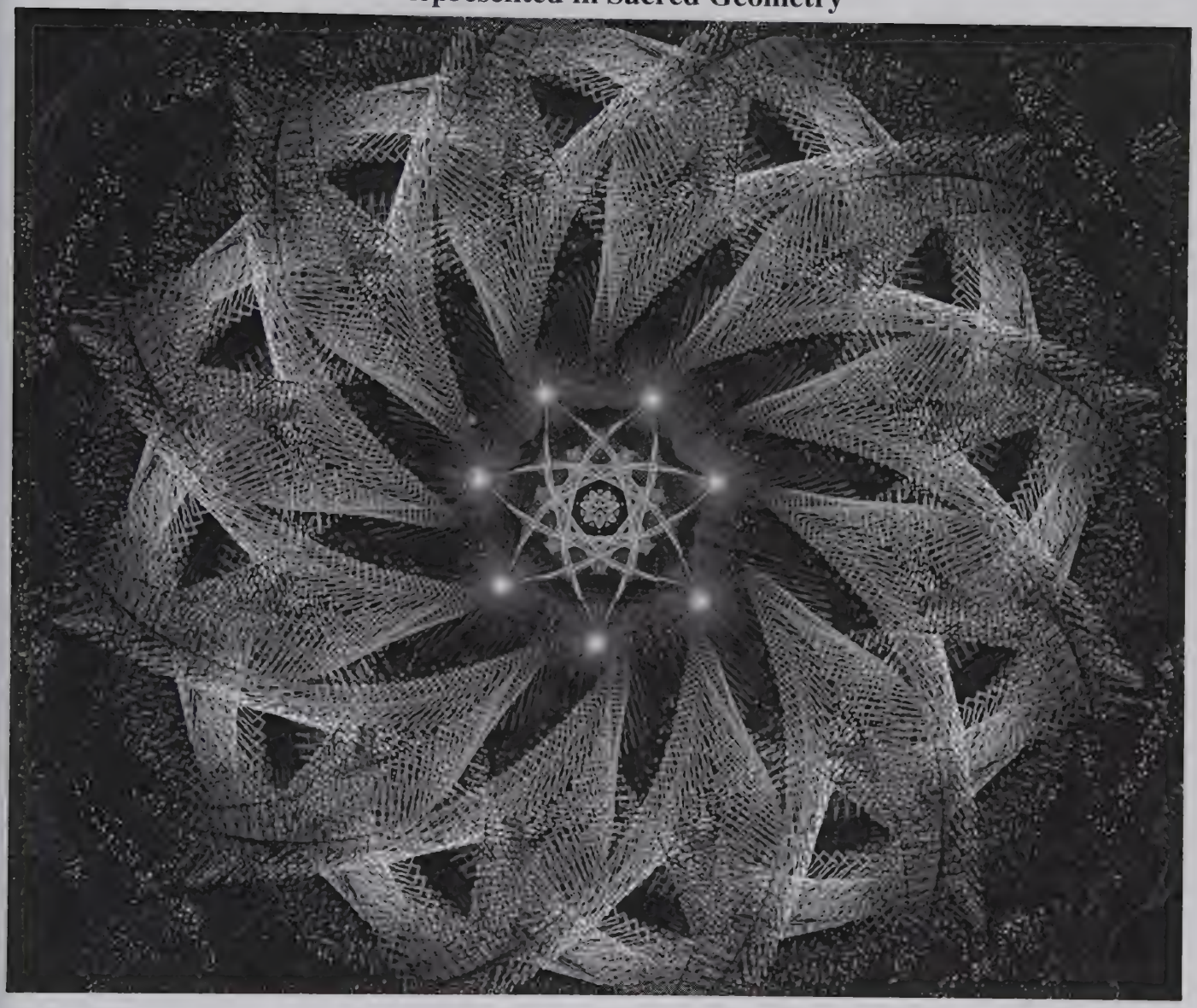
Finally, in Stage Six the Death Hormone is released from the Pituitary Gland, the master gland in the brain, when more than 20% of the cells in the body perish.

Radiant Health

Radiant Health begins with a clean Lymphatic System. Knowing how the Lymphatic System works and what we can do to maintain it, gives us the key to abundant health and longevity. Now we realize scientifically and are grateful to know that the Lymphatic System Is '**The Fountain of Youth is Within Us'.**

Healing Energy

Represented in Sacred Geometry



Sacred Geometry Illustration created by Dr. Paul Lloyd Warner.

The center part of this Mandala symbolizes healthy cells and the perfection inherent in the body. The whirling vortexes of energy around the cells comprise the physical body in radiant health. A Healing Meditation can be created by focusing on this sacred image (check page 77 for details).

Massive Body Damage and Shock

There is a terrible shock felt by people who have experienced catastrophic accidents or who have had massive damage done to their bodies. Water pours into the cellular terrain so fast that nearly all of the pressure is lost in the Circulatory System. This happens during severe shock. Unless the fluid is removed within two hours, death may occur. The person literally drowns at the cellular level.

In a healthy system, there is zero pressure in the cellular terrain where the circulatory arteries maintain all of the pressure. When a blockage in the Lymphatic System occurs, the blood pressure is altered. When patients develop very high blood pressure, diuretics are given to them to remove some of the water from the cellular terrain through the lymph capillaries, thereby lowering blood pressure. All blood pressure issues are lymphatic based.

The water constantly being pumped from the Lymphatic System keeps the muscles hard and tight which is why movement is necessary. All physical exercise moves the Lymphatic System and keeps oxygen coursing through the entire body. Movement is essential for a healthy Lymphatic System and therefore, a Radiant, Young and Energetic Body.

Activating the Fountain of Youth

It is imperative that a comprehensive understanding of the Lymphatic System be made available to mankind. This includes teaching this vital subject in schools so our young people can learn how to keep themselves healthy early in life. It is equally important to become aware of proper nutrition. By omitting the consumption of junk foods and beverages, the

Blood can then be filled with life-sustaining nutrients, which maintain our youth and the health of the Lymphatic System.

The Lymphatic System, the energy highway in the body, is responsible for cleaning the entire cellular terrain bringing oxygen directly to the cells. The BELD™ System using the Love Light is most efficient in breaking down protein blockages which cause discomfort, disease and death by eliminating Hypoxia. Remember, every disease known to man is caused by protein blockages in the Lymphatic System.

The BELD™ System offers direction and guidance for lifestyle changes which, along with Bio-Photonic Lymphatic Drainage treatments with the Love Light, easily activate **'The Fountain of Youth Within Us'!**

We invite you to download your color e-book of Chapter Four 'Lymphy to the Rescue' At www.lymphsecrets.com

Meet Lymphette at Book signings & events.

CHAPTER FIVE

The Fountain of Youth is Within Us

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

". . . a luxuriant forest with lakes and streams in the midst of (the fountain of youth). Every image which enters it evokes ancient visions from the depth of its waters, and every tone rustles among the trees with a music so rich in haunting memories that one grows faint . . ."

Havelock Ellis

The Long Search for the Fountain of Youth

5

Ponce de Leon set sail from Puerto Rico in 1511 to find the Island of Bimini, in search of a rumored fountain whose waters would cure all illnesses and offer eternal youth. However, the Fountain of Youth is not in Bimini. In truth, it lies within each of us. It is called the Lymphatic System. It is the System that mirrors our thoughts, feelings, beliefs and actions to the outside world, through the physical Body.

Many people take better care of their automobiles than of their own bodies. We would never go twenty years without changing the oil in our car. The engine would stop running. Luckily for humans, our bodies are better built and far more lasting than cars. Unfortunately, the Lymphatic System, which maintains our entire cellular environment, is rarely cleansed.

For people living in rural areas prior to the 1950s, it was highly uncommon for anyone to be diagnosed with cancer or other serious diseases which are so prevalent today. Since the mid-50s, chemical food and drugs have seriously compromised the health of unaware people. Most people lived on farms and grew their own food or bought it from pesticide-free farms. In the past when the animals were wormed each season, the farmers also cleansed and de-wormed themselves and their children.

There were few doctors back then so people became self-sufficient healing with food, herbs and other natural remedies. Doctors existed mainly for life-threatening accidents or illnesses and for the wealthy.

Generally, water in the pre-industrial age was clean everywhere and there was very little air contamination. The pollution during that time came from areas where coal was burned. Subsequently, as a result of coal-based usage, millions suffered respiratory diseases and died prematurely.

In the twentieth century up to the present time, the age of petroleum, pesticides and the pollutants of modern society have caused even more damage to human health. Now, much of the water throughout the world is polluted and unsafe for consumption.

'Ageless' People and the Middle Way

Growing up watching people age and hearing we are all death-bound (mortal) engenders a powerful, self-fulfilling belief in aging and death. When I went to India in my twenties, I saw men and women in their eighties and nineties None of them looked over thirty years of age. I was astounded. They were energetic and radiant with hair like silver light. They were gorgeous, full of passion with amazingly clear and aware minds.

When talking with these 'ageless' people, I learned they were vegetarians. They meditated and made a point to take things lightly. They believed in the importance of creating beauty everywhere in their lives because it expresses their Magnificence. They were emotionally balanced, filled with an inner peace despite what happened around them. They avoided judging themselves, others and events. They did this by respecting the wisdom of reciprocity, *we reap what we sow*, also known as the Law of Karma.

This philosophy helped to keep them on the middle road of peace and Mastery. The middle way is the road of Present Time and Divine Consciousness, known as the Path of the Masters. This teaching creates happiness regardless of worldly circumstances. Today, it is presented as 'living in the consciousness of Now'.

There is no past. There is no future. There is only Now. Masters are exemplary of this Path. To waiver to the left or to the right, creates duality. In the world of duality aging and death are the inevitable counterparts to youth and long life.

I learned that Mastery begins with myself. I was devastated to realize that by being against anything or for anything, I was actually keeping its opposite actively in place! I learned by intentionally living the Middle Way, the way of peace, I could change harmoniously.

When we harbor resentment against people, time, places, things or events, we keep the contrary side of life alive. We give away a little of our Life Force each time we indulge in negativity of any sort. Our bodies tell the true story, regardless of how we may deny it.

This experience changed my life. Seeing these Masters live comfortable lives in the midst of unbelievable poverty and chaos was a great lesson for me. They were at peace with it all. Therefore, they were unaffected by life around them. They were truly 'in the world, but not of the world'. They expressed themselves with love, laughter and lightness and they were able to joyfully serve others because they understood each person is a Representative of God.

Those in Mastery respect this Truth in everyone. What we call good or bad in actuality is untrue because what is good for one person may be harmful to another. Therefore, these designations of opposites are subjective and only relevant to circumstances of the moment. Living in the past or in the future takes us out of what is happening now, often creating confusion and illusion. It's difficult to make life-affirming choices from the state of illusion.

I began to understand how free will and unlimited choice are only available in the present moment, the Eternal Now. I understood, once and for all, that every experience we have is called forth by us from within, whether consciously or unconsciously. We are ultimately responsible for the condition of our lives *in every moment.*

Humanity as a whole suffers because of the lack of understanding of this truth. Reality is actually created by our thinking. This is clearly pointed out in James Allen's book, ***As a Man Thinketh***, a classic in conscious Mastery. Yet, most of us live our lives without realizing we are creating our life with every thought.

Therefore, ignorance is not bliss. Whether we are conscious of it or not, we are creating our play, on this earth through our thoughts and by what we affirm in our speech about people, places, times, things and events. Our Lymphatic System is the mirror through which our inner reality demonstrates itself as our condition of health.

Another facet of Truth is the Law of Wholeness which dictates that we are all like individual cells in the greater body of humanity. As such, we all affect one another at the level of mind. Therefore, every negative thought harbored by any one of us creates disharmony and illness in someone else, in humanity. Similarly, positive vibrations uplift the whole family of Hu-manity.

Before we can create a peace that affects the world, we must remove our own negativity in all its forms and thereby instill peace within ourselves. Our Lymphatic System represents this as good health and well-being.

Through committed self-responsibility we can emulate Mahatma Gandhi who endeavored to bring this reality to light through his philosophy of non-violence. He requested the people of India focus day-by-day on removing discord, being aware of and remaining in present time.

If Gandhi can free the people of a great nation through non-violence, we can certainly free ourselves from the violence of our own minds. When Martin Luther King from America embraced Gandhi's philosophy of non-violence, his Spirit was ignited. King's inspiration for peace and non-violence washed over America and the world like a mighty wave.

Mind/Body Communication

The Infinite Spirit of everyone is in direct communication with their minds and words. The body always follows the mind. The mind is heavily influenced by our emotional responses and also by what we say. Every time we open our mouths, our words are either creating health or disease. What we say truly matters.

The Lymphatic System shows us perfectly the effects all of life has upon our health. These effects either preserve the health of our sacred temple or destroy it. Thankfully, even with severe deterioration of the body, there is always an opportunity for healing.

Feelings and Passions

It is useful to distinguish between feelings and passions. Feelings are from the heart; passions are from the body/mind. The feeling body is attuned to upliftment and pulls energy toward the heart and consciousness.

Passions, on the other hand, are directly related to the senses and when excited they pull our energy into the physical senses for expression. The mind is involved in both.

When we experience feelings of upliftment, the mind gives the body a sense of calm and well-being. As passions are excited, the senses give signals to the mind anticipating pleasures. With the loss of bodily pleasures, fear shows up as anger, lust, greed, attachment, jealousy and vanity. These emotions cause blockages in the Lymphatic System. Every experience we have registers in the body according to our response, mentally or emotionally to it.

Negative responses cause blockages. Positive responses create endorphins and other health-enhancing hormones. In her book, ***Heal Thyself***, Louise Hay outlines the emotional causes of most diseases. Throughout my seventeen years addressing the Lymphatic System, I've found her assessments amazingly accurate. Every problem we have, including accidents, has an emotional cause.

What Are We To Do?

Put the whole puzzle together....hormones, chemicals, drugs, too much flesh food, no regular a lack of sufficient movement,

not even walking...you have a society on the brink of self-annihilation. Computers exacerbate the problem of too little activity, especially with the youth. No one can last long with this scenario as a way of life. The solution is to remove discord, cleanse the Lymphatic System, at least start walking, meditate at least 15 minutes, and create happier and more fulfilling activities in our lives.

Activating the Fountain of Youth

Understanding how the Lymphatic System functions is the key to activating the Fountain of Youth within us. Electricity is stepped down magnetism. Magnetism creates everything in the physical world. Thinking is magnetic and creative. Think positive thoughts and do things that keep you happy and feeling good. These are activities to continue and expand as each one goes though life.

The mind is one aspect of the Fountain of Youth because it communicates to the cells its intention, which **the cells obey.** Another aspect is to choose healthy food and clean water in order to create a clear pathway for information to reach the cells. This creates and sustains radiant cells.

Water facilitates the movement of energy/information. Unless the water in your body is clean enough to transport information without obstruction, the information reaches the cells in an altered state, or not at all. This is because everything in the body is protein, and energy has the ability to alter proteins. Whether or not we are aware of it, we are either choosing to remain young or surrendering to the aging process.

Since water is the greatest facilitator of energy/information, our thoughts and emotions are actually 'stamped' on the water

of the Lymphatic System. Can you imagine what is happening to the water in your body when you experience negativity, regardless of the source? When information contained in the water crystals is taken in by the cells, the cells process this communication and express it as an energy charge. Remember, each cell is an energy generator. When cells are impressed with life-affirming information, radiant health is created. Now, can you imagine what is happening to the water in your body when upsets and negativity of any kind prevail?

The first step to activate the Fountain of Youth is to make the commitment to do so. The second step is to fully comprehend the function of the Lymphatic System. Cells are new at birth without accumulated experiences and activated programs. The receptor sites of the cells await our participation in life. **All cells in the body are eternal.** They have no timetable of when to expire, so the belief in aging is non-existent in the cells.

Cells are programmed to be perpetual. Whatever one thinks is perpetuated by the cells. A continual flow of new information perpetuates the cells to constantly change.

Aging is caused by:

1. Focusing on discord, poor nutrition, dehydration
2. Belief in aging and death (death programming)
3. Misinformation from our cultures and the media
4. Redundancy, boredom and habitual activity
5. The observation of aging
6. A lack of new experiences and information

All of these cause blockages in the Lymphatic System. It is absolutely necessary to continuously have new information moving through the mind, for the cells to be continually refreshed, ever-renewing and perpetually young.

It is most important to control our thoughts to continue on the path of Rejuvenation.

Negative thoughts temporarily stop the perpetual movement of information that creates health, energy and youth. In a negative state of being (fear and lack), even though positive thoughts may sometimes arise, the negative state will dominate what the cells perpetuate. The same is true for the positive state. The positive state is perpetuated because it is dominant.

Learning something you've never learned before is one of the easiest ways to activate the flowing waters of the Fountain of Youth within us. As new information and activities flood the mind and body, the cells quickly begin to process and reconfigure themselves to accommodate this new flow of energy. The more focused and fully engaged a person is with the new activity, the more quickly observable results are seen and experienced. Rejuvenation can be a deliberate choice.

An example: Have you had the experience of taking a vacation for two weeks or more and, upon returning, everyone said "You look great....you look younger...you look better than ever." Let's look at what actually happened.

Your redundant life was interrupted. You most likely were in a different location and in an unfamiliar environment. You may have slept in a strange bed and participated in activities that were different from your usual routine. Your time schedule changed. You broke the pattern of repetition. Possibly you met new people, or visited friends and family whom you otherwise saw infrequently.

One common thread running through this whole scenario is that your cells received new information the entire time. With this new information, the cells altered minute by minute.

After this process continued for two or three weeks, you were well on your way to transforming into a distinctly different person by the end of your vacation. A change occurred, either positive or negative, depending on whether your vacation experience was pleasant or not.

Your body reflects what you experienced over your vacation period. The cells were blasted with new information during the entire time, from the bed you were sleeping in, to the food you were eating and each new activity. Your cells received new information constantly. Luckily, most vacations are happy ones.

By the time your vacation ended, you were well on the way to becoming a new person, based on the quality of the new information that your cells received from your thoughts, your words and your activities. Therefore, you reflect this renewal and it shows up as...."You look younger." Other people give you a reflection of this New You by offering these admiring words because they confirm the change your cells have completed up to that point.

Participating in the creative arts, including sports, gives us a wonderful opportunity to rejuvenate. This is why we're told the arts are intended for the soul of man. When engaged in activities you love and enjoy, the mind is led to the creative realm that showers the body with new feelings and thoughts which the cells use to perpetuate themselves.

Creative people have a constant influx of new information flowing through their minds. For example, artists are always open to their next expression of art.

Whereas, doing repetitive, robotic activities, such as working on a factory production line, where creativity is unnecessary. There is no need for fresh or original thought when performing repetitive functions. Research proves that we look younger when our creative force is flowing.

The vacation example gives an understanding of what happened and why everyone thought you looked so great. This helps us comprehend how the rejuvenation experience happens, pleasantly and yet subtly, without any extra effort on our part.

What a surprise to realize you were rejuvenating! You were delighted to be away from work, immersed in your new activities. What you didn't know was....you were activating your very own Fountain of Youth.

Meditation

The Fountain begins to flow and the rejuvenation process accelerates when you include meditation and contemplation in your life. Quieting the body and mind and resting in that state enhances your Self-Love and activates your hidden gift.... of youth through rejuvenation.

The meditation process makes it easier to forgive ourselves and forgive others. Forgiveness frees up energy to be used for creating new cells.

At the end of Chapter 12 there is an Emotional Freedom Technique that helps to release emotional pain, suffering and guilt. Each time this technique is completed, a deep sense of calm, signaling release of the issue is felt.

Youth, beauty and perfection are attributes of Love, which the Infinite Spirit is continually bringing forth to you in oxygen. This mighty energy flows through everyone. It is our birthright to receive this Love as we live. It is your choice as to how you direct the energy of Love through your thoughts and feelings using your free will.

Thought is the only thing in the Universe that creates matter. You qualify this ever-flowing energy with whatever is focused upon, which shows up as our individual life experience.

Radiant energy flows ceaselessly through your nervous system. It is the eternal life and vitality in the oxygen coursing through the veins of your blood stream. It is an all powerful, omnipresent activity given to you by your Creator, to be consciously directed by your free will.

Eternal youth and beauty of both mind and body can only be maintained permanently by those individuals who are strong enough to shut out discord from their lives. Whoever does this can and will maintain eternal beauty and youth. Test this for yourself by experimenting, do it and see for yourself.

When peace and love abide within the mind and heart, the energy body (the Lymphatic System) is illuminated. The rainbow colors expressed in our aura mirror perfectly our thoughts of love and peace. The thoughts and feelings of each person maintain the outward expression of youth and beauty. The Divine Self exists eternally within the flame of life inside of everyone. (Paraphrased from ***Unveiled Mysteries***)

All discord flashing through our thoughts and feelings is instantly stamped upon the flesh. Our eternal youth and beauty are self-created and forever self-existent within the Divine Essence of every human being. Discord must be removed before eternal youth can be permanent.

Scientists and researchers of mind-mapping have discovered how the mind functions in relationship to emotions, programming and actions. Today, we have tools to assist ourselves in removing discord, allowing brilliance and eternal youth to emerge from within our minds and bodies.

An excellent tool is sleep therapy, created by Dr. Teri Mahaney, who is the foremost Master in this field. Sleep therapy is a most pleasant way to remove discord while sleeping. Having used this program, I can sincerely say it is extremely effective. In my opinion, Dr. Mahaney has created a technique that is a monumental contribution to humanity. It takes twenty-one days to completely change a behavior or habit. When the program is continued for thirty days, the new behavior is established *permanently* in each and every cell of our body.

Every time we have a different experience, its energy/ information develops new cells. As long as we remain creative and active, new information continually flows to us and we remain youthful. Without the cells receiving an influx of new information, they become stagnant or stuck in a pattern of repetition. Redundancy and a sedentary way of life create aging cells and an aging body. Cells experience boredom when we do things over and over again, like a robot going through the motions of life.

The rejuvenation process only occurs when discord is removed from the mind and emotions and as the Lymphatic System is cleansed. When oxygen floods the cellular terrain, rejuvenation begins instantly and progresses until noticeable results are seen and felt. We experience increased energy, improved skin texture, tone and color. It is easier to maintain positive thoughts leading to positive changes in attitude. When we are in a positive, creative state, life naturally flows harmoniously. The bottom line is, to stay young you must keep a youthful, positive attitude and a creative mind.

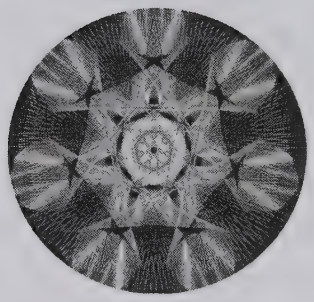
Emotional Freedom Techniques along with good food and sufficient exercise also assist the rejuvenation process. Above all, meditation practices help to keep us calm and open to the flowing waters of the Fountain of Youth Within, your life right.

Meditation offers us the opportunity to achieve a peaceful state of being while the Fountain of Youth is permanently anchored into the cell memory of all cells in the physical body. This ever-flowing Fountain of Youth is all-powerful, omni-present and intelligent, given to us by the God-Principle of Life, to be directed according to our free will.

Only those individuals who are strong enough to maintain peace in their lives will achieve eternal youth and beauty. Will you choose to be one of them?

CHAPTER SIX

The Ultimate Temper Tantrum



The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"An age is called Dark, not because the light fails to shine, but because people refuse to see it."

James Michener

Cause of Cancer Revealed

From an etheric point of view, cancer is nothing more than internalized anger, discordant energy and negative emotions. All cancers can be seen as crystallized anger expressing in the body.

When a person is diagnosed with cancer, perhaps special attention is showered upon them by friends and family, which may allow them a sense of personal power. The sentiment of sympathy is engendered since loving attention and treatment comes from family members and other caring people. The cancer patient may loose his/her inspiration to get well if the special attention is filling an emotional need. Cancer patients sometimes get what they want, even if it kills them.

People in the life of a cancer person often spend time, resources and emotional energy doing their best to serve the loved one, who, in turn, may feel a sense of power because of this attention. This person is expressing the 'ultimate temper tantrum' (cancer) in order to have his/her demands and needs met.

When people hear the word 'cancer', they feel a threat to their survival. A family member or spouse (as caretaker) may make the cancer patient feel guilty if he/she resists. Recommended therapies. This is especially true if alternative methods are considered. This is especially true if the doctor or family members are unfamiliar with the treatment, even if the treatment has a good success rate. The caretaker may insist the patient follow the recommendations or their love and caring would be denied.

Studies indicate that people who choose no treatment at all live five times longer than those who opt for chemo-therapy, radiation or surgery. This was a surprise to me, what about you?

Fear and Cancer

In his book, ***Ageless Body, Timeless Mind***, Deepak Chopra refers to scientific studies in which people were told they have cancer. In one study the patient's immune systems immediately responded to the fear-based emotions upon hearing this dire news. It had a shocking effect. All of the participants started to deteriorate. The emotion of fear impairs the body's immune system by creating blockages in the Lymphatic System and reducing oxygen.

The following week the same patients were told that the prognosis, which they had received the week before, was a mistake. Immediately all of the patients immune systems responded, regaining its former state of health prior to the unfortunate news. This study was repeated many times over, resulting in the same response, thus proving that what we think absolutely affects our immune system and fear is *the* most significant compromiser of our ability to stay healthy.

Life is Energy

All life is energy vibrating at different rates. A lower vibratory rate causes imbalances in our health. Just as a computer virus affects the electrical impulses of a hard drive, so does any parasite, bacteria or virus impair the function of the Lymphatic

System. The body's resistance is lower when there is an electromagnetic imbalance.

Emotion trauma is stored in different parts of the body and held by excess lymphatic fluid/water. When the body is manipulated as in massage etc, emotions are released and the person feels better

The Most Hidden Secret

The opinion of many in the global medical community is that the cause of cancer is uncertain and, as yet, there is no reliable cure. Actually, recent research proves there are many natural cures. Although this information is more obscure, it is available on the Internet. The types of cancer we see today are being caused by chemical and environmental substances, parasites and viruses that were virtually non-existent in the past.

The cause of cancer is a lack of oxygen at the cellular level or 'Hypoxia'. Any substance, pathogen, parasite, mental or emotional condition that blocks the Lymphatic System prevents oxygen from reaching the cells. This results in **cellular mutation** which is called Cancer.

Dr. Otto Warburg proved when the cells of the body are deprived of oxygen, they mutate into cancer cells in the body.

Prostate Cancer in Men

The growing epidemic of prostate cancer is alarming. It is now estimated that 85% of men between the ages of 30 and 85 will develop prostate cancer. Therefore, it is imperative to understand and cleanse the Lymphatic System.

The revelation of Quantum physics demonstrates the scientific truth that everything is consciousness and energy. Dr. Warburg's revolutionary discoveries of the 1930s and 1940s are confirmed when integrated with the awareness that the Lymphatic System is the oxygen delivery system of the body.

At the present time, a great concern of men is Prostate Cancer. Ninety-six per cent of all prostate cancer is located on the part of the prostate that touches the colon. Prostate Cancer in men is primarily caused by many of the 2,000-plus additives in processed foods and in flesh foods. These contain toxins which travel through the digestive system and cause lymph blockages in the colon.

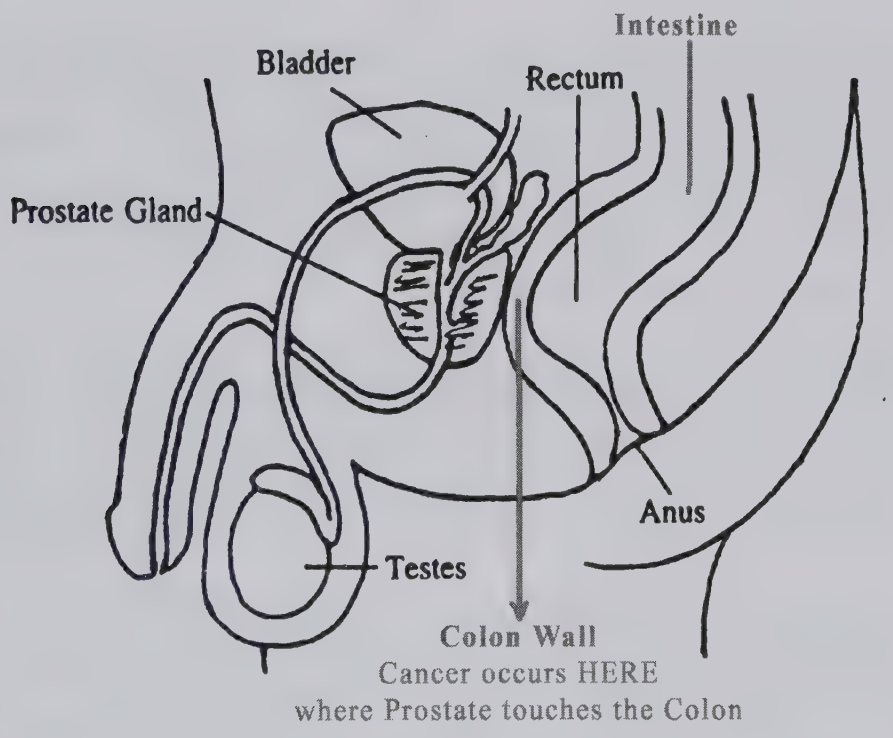
Men who are vegetarians are 200 times less likely to manifest prostate cancer. Harmful ingredients also appear in pharmaceutical drugs and non-food products such as skin cleansers, face, body and hand lotions, soaps, shampoos, shaving creams, make-up, tanning lotions, etc. Repeated use and absorption of these ingredients through the skin is *very dangerous to health.*

The toxins we choose to ingest and the thoughts we choose to think along with the bombardment of environmental substances in the air and in our water, add to this 'toxic soup'. The disturbing, unseen and lethal, electromagnetic frequencies

we are challenged to integrate into our body systems that alter proteins are all factors that add to cancer causing conditions.

The following illustration shows where cancer occurs in the prostate, and, below the picture, is a very limited selection of toxic additives identified as carcinogens.

ILLUSTRATION OF PROSTATE CANCER IN MEN - Side View



The following well-known cancer-causing agents are absorbed rapidly through the skin and anal tissues. Extreme caution must be exercised when reading package labels and to avoid chemical overload, choose to buy whole, unprocessed foods.

Please, carefully avoid buying foods, which have the following ingredients, which are known carcinogens:

FD&CBlue#l	**Iron Oxide**	**Acetone**	**Coal tar**
P-hydroxyanisole	**Lead Acetate**	**EDTA**	**Phenol**
Triethanolamine (TEA)	**Toluene**	**PVP**	**Sodium Saccharin**
Dtcthanolamine (DEA)	**Dibutyl phthalate**	**BHT BNPD**	**Sodium Carrageen an**
All Artificial Colorings			

Plastic and Breast Cancer

The connection between plastic and breast cancer was discovered in 1987 at Tufts Medical School in Boston. In the midst of their experiments on cancer cell growth, endocrine-disrupting chemicals leeched from plastic test tubes into the researcher's laboratory experiment, causing a rapid proliferation of breast cancer cells.

Everyone be aware! Beverages left in the sun in plastic bottles and metal cans lined with plastic are proven to be toxic to your health. Governmental health agencies were forced to admit to this danger because the accusing research was over-whelming.

Industrial chemical polycarbonates (PCBs) and epoxy resins are found in beverages in plastic bottles, canned food and even in plastic baby bottles. To avoid this issue completely, use glass containers for your food and beverages.

Dr. Otto Warburg

Dr. Otto Warburg of Germany won the Nobel Prize in 1931 for his discovery of the cause of cancer and received a second Nobel Prize in 1941 for expanding upon his earlier work. Dr.

Samuel West condensed some of Dr. Warburg's discoveries and created the Formula for Life and the Formula for Death.

Dr. Warburg brought forth the following Cancer-Causing Process and Dr. West simplified it.

- Glucose and oxygen make ATP (Adenosine Tri-Phosphate), the chemical name for energy. When oxygen is absent, glucose ferments, producing a simple form of alcohol.

- The cells take in the fermented glucose and produce mutated (cancer) cells. They loose their function as a cohesive part of the body. These cells actually react more like plant cells which thrive in an oxygen-depleted environment.

- Cancer (un-oxygenated) cells are unable to receive direction from the DNA/RNA to form a perfect blueprint for creating new cells, causing them to multiply out-of-control…mutate.

- Cellular waste products of fermented glucose take up space in-between the cells where oxygen would normally be present. Healthy cells mutate when exposed to fermentation, an acid condition in the body. This creates a chain reaction; the mutation spreads cell by cell. The reaction must be interrupted and terminated if life is to be preserved.

Nobel Prize Committee's Speech for Dr. Otto Warburg

In 1931 The following is a **Presentation Speech by**

Professor E. Hammarsten, Member of the Nobel Committee for Physiology or Medicine of the Royal Caroline Institute, on December 10, 1931, given in Stockholm, Sweden.

"Your Majesty, Your Royal Highnesses, Ladies and Gentlemen.

The discovery for which the Nobel Prize for Physiology or Medicine is to be awarded today concerns intracellular combustion: that fundamental vital process by which substances directly supplied to cells or stored in them are broken down into simpler components while using up oxygen. It is by this process that the energy required for other vital processes is made available to the cells in a form capable of immediate utilization.

Many famous names and many discoveries have been associated with research on this vital process, while, before natural philosophical thought was limited by the demands of accurate measurement, it was a fertile field for speculation. The life work of many savants finds a place in the volume of which Otto Warburg has written - for the time being - the last pages. The first were written by John Mayow in 1670, then less than 30 years of age, whose observations on the power of saltpeter to set fire to organic substances led him to the view that certain igneo-aerial particles existed in saltpeter, in the air, and also in organic substances. He inferred that the significance and function of respiration was to bring these particles into the body, and so make combustion therein possible. It is clear that Mayow's igneo-aerial particles correspond with oxygen, which had not yet been discovered.

Some thirty years later the ill-famed phlogiston theory of combustion was born, and spread like an epidemic throughout the scientific world, causing the seeking for truth to be diverted

from its proper course that had been opened by Mayow's discovery, which had, if one may use a somewhat dubious expression, been made before its time and had received little attention. Comprehension of the mechanism of combustion was thus, quite foolishly as it might seem, delayed for more than a century. Return to the proper path had to await the discovery by Lavoisier of the real nature of the process in connection with the final discovery and isolation of oxygen in the hands of Priestley and Scheele. Otto Warburg's work has met with a kinder fate.

As combustion of foodstuffs outside the body in the presence of atmospheric oxygen occurs only at high temperatures, it must be assumed that during combustion in living cells, something happens that alters the rather inert air-oxygen, or the foodstuff, or perhaps both so that they can react with each other. Fully conscious of the insuperable difficulties of explaining at present the innermost mechanism by which this inertness was overcome, Warburg decided to investigate the nature of the mysterious substance that acts as the primus motor in intracellular combustion. Nature often seems to use methods that appear to be indirect and less «natural» than those we should have devised, and such was the case here. It was not possible to isolate the active substance, the catalyst, or respiratory ferment as Warburg called it, by ordinary chemical methods, because it forms less than about a millionth of the weight of the cells to which it is firmly bound, while it is easily destroyed by procedures which might be used for liberating it. So, just as in modern atomic research, indirect methods had to be used.

It had been known, since the days of Davy and Berzelius, that many metals possess the power of initiating or accelerating various reactions, including combustion. Starting from the possibility that had indeed been envisaged earlier, Warburg

assumed that intracellular combustion might also be regarded as being due to catalysis by metals, i.e. that it might be initiated by some metallic compound.

Definite proof that he was on the track of this well-hidden secret of Nature was obtained by the use of exact measurements of combustion in living cells or, as Warburg calls it, cell respiration. The quantitatively measured variations in the process of combustion under different conditions threw light on the nature of the respiratory ferment. Its tendency to enter into compounds with substances which combine with iron showed that it is itself an iron compound, and that its effects are due to iron.

The correspondence between the effects of light on cellular combustion inhibited by carbon monoxide and on carbon-monoxide compounds of certain pigments closely related to blood pigments led, with the aid of a detailed mathematical analysis to the conclusion that the respiratory ferment is a red pigment containing iron, and that it is closely related to our own blood pigment. This was the first demonstration of an effective catalyst, a ferment, in the living organism, and this identification is the more important because it throws light on a process of general significance in the maintenance of life.

Professor Warburg. From the start, your research has been focused on problems of central importance. Your bold ideas, but above all, your keen intelligence and rare perfection in the art of exact measurement have won for you exceptional success, and for the science of biology some of its most valuable material. I take the liberty of mentioning those two of your discoveries, which seem to be of the greatest value.

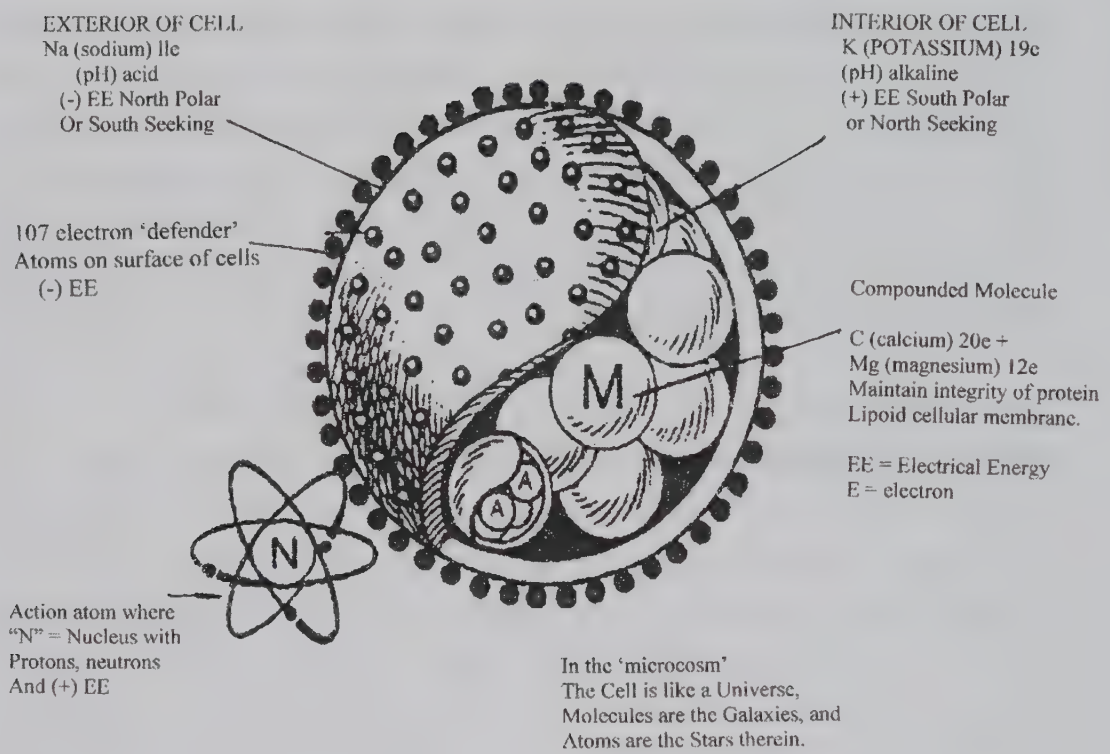
The medical world expects great things from your experiments on cancer and other tumors, experiments which seem already

to be sufficiently far advanced to be able to furnish an explanation for at least one cause of the destructive and unlimited growth of these tumors.

Your discovery about the nature and effect of the ferment of respiration, which the Caroline Institute is rewarding this year with Alfred Nobel's Prize for Physiology or Medicine, has added a link of brilliant achievement to the chain that binds for all time, John Mayow (England), Antoine Laurent Lavoisier (France), and Otto Warburg (Germany). On behalf of the Caroline Institute I invite you to accept the prize from the hands of our King."

From Nobel Lectures, Physiology or Medicine, 1922-1941,
Elsevier Publishing Company, Amsterdam, 1965

Electrolyte Thesis of the "Living Cells"



In this minute atomic area disease begins! To oxidize accumulated contamination 'eletrolytes' are expended. Unless constantly replenished, transmutations may take place with resulting symptomatic sickness.

The Electron potential 'defender' of the cells is maintained by oxidation. Oxidation is best when there is cellular (pH) balance of acid and alkaline. Should this balance be reduced to zero, death ensues. Electrolitically balanced cells are dipolar. Dipolar cells oxidize metabolize and generate energy.

The key electrolytes are noted in order of their indicated importance: potassium (K); calcium (Ca), magnesium (Mg); and sodium (Na). K is rapidly dissipated from cells under stress of any kind. When it becomes deficient, Ca and Mg will leave the cellular membrane. This allows Na easy entry into the interior of the cell. When Na is both outside and inside the cell, it becomes monopolar; or in other words, it takes a non-oxidating (anaerobic) position.

Dr. Otto Warburg, who won a Nobel Prize on his cancer cause thesis, calls this 'blocked oxidation'. In this state no energy exists to ward off invasionary bacteria or a heavy metal (HM) trying to combine with the cell structure. For example, 68e (Erbium) + 56e (Barium) + 9e (Fluorine) combine with and block cells and all malignant cancers carry these three atomic radiations. Though Warburg claimed irreversibility for such cells, ongoing research in electronic reversal plus an increased supply of electrolytes appears to bring back the 'aerobic' (oxidizing) function of the cellular system.

FORMULAE FOR LIFE AND DEATH

Created by Dr. C. Samuel West
International Academy of Lymphology

Dr. C. Samuel West was the only person in the United States of America to re-introduce this monumental truth for the health and wellness of humanity:

"Every disease is caused by blockages in the Lymphatic System."

His findings regarding the Lymphatic System were established as correct and were supported by distinguished physicians worldwide. Dr. Charles Guyton was one of these specialists in the field of Lymphology.

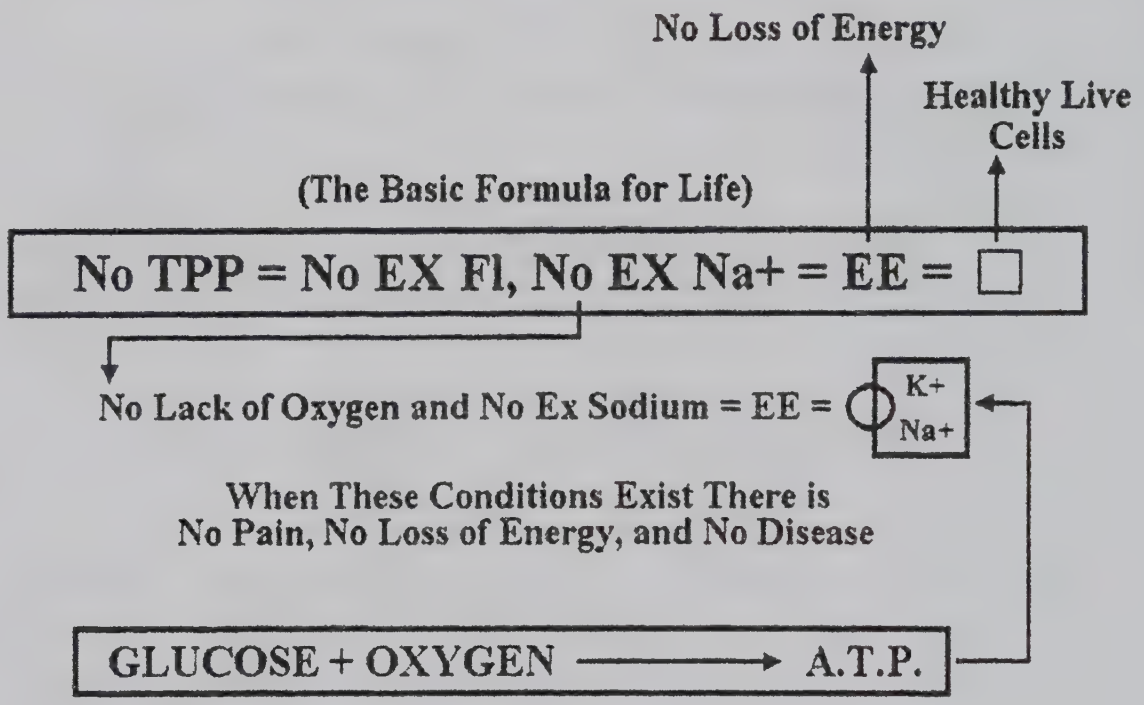
Dr. West created these formulae to demonstrate the processes which occur when we are healthy and when we are diseased to further the understanding of Dr. Warburg and Dr. Guyton's research and discoveries. He wanted the general public to understand these life-saving scientific breakthroughs.

Illustrations on the following two pages:

The Basic Formula for Life

The Basic Formula for Death

THE BASIC FORMULA FOR LIFE

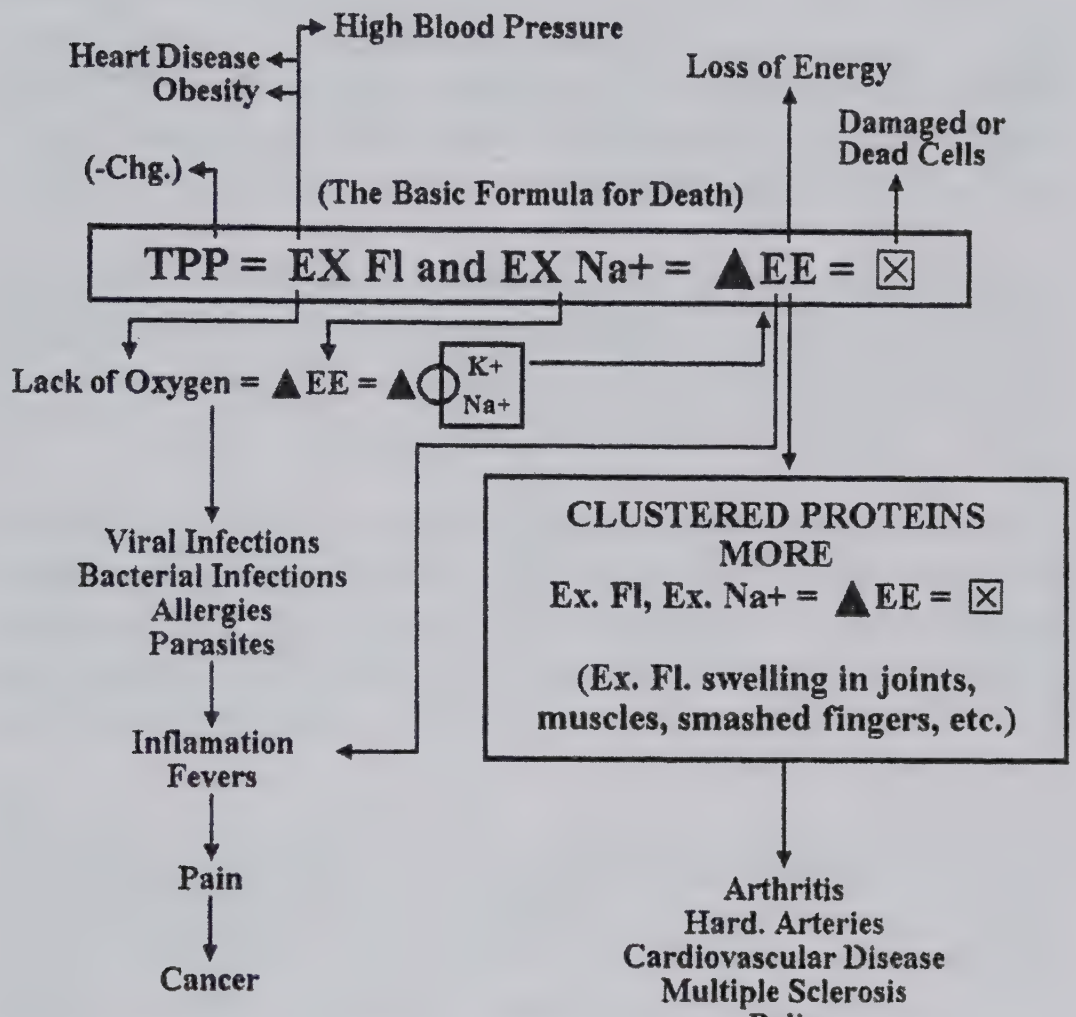

No Loss of Energy
Healthy Live Cells
(The Basic Formula for Life)
No TPP = No EX Fl, No EX Na+ = EE = □
No Lack of Oxygen and No Ex Sodium = EE =
K+
Na+
When These Conditions Exist There is
No Pain, No Loss of Energy, and No Disease
GLUCOSE + OXYGEN ⟶ A.T.P.

A.T.P. is necessary to produce EE = O = Na-K Pump.

Primary sources of Glucose are: Fruits, Vegetables, and Sprouts.

Dr. West says: "Mankind is now in a physical condition that can be likened to a burning ship - and the time is soon coming when the only ones who shall be saved from death and destruction by disease are those who discover and obey the mental, nutritional, and physical laws of health. The Basic Formulas for Life and Death reveal what these laws are. These formulas were made by The One who made the body, and with His help I was able to find them."

THE BASIC FORMULA FOR DEATH



TPP - Trapped Plasma Protein

EXFL - Excess Fluid

EX Na+ - Escess Sodium

▲ - Loss

EE - Energy

X - Death

☐ - Healthy Cells

"Cancer can be *Stopped* and *Eliminated* by Super-Oxygenation of the Body."

Dr. C. Samuel West

Cleansing the Lymphatic System is crucial in the oxygenation process because the Lymphatic System *IS* the oxygen delivery system to every cell in the body.

Dr. Warburg's research on cellular respiration as being the cause of cancer was suppressed from before World War II up to the present time. As a result, hundreds of millions of people have lost their lives to cancer.

Cancer is the number one killer of men, women and children worldwide. Over 1,600 people die of cancer daily in America and the number is growing. The cost for cancer treatment alone is over one billion dollars each and every day. Incredible! (2006 statistics, which also stated one in three people, will get cancer)

I have brought forth Dr. Warburg's vital information to ensure his work continues and is expanded upon. He devoted his life to the pursuit of his passion: the wellness of humanity. I trust Dr. Warburg would be happy to know that his great contribution is now being shared with the world to make the difference he intended.

Death Culture

Focusing on death and dying, more than on life and living is called Death Consciousness....negative being ness. Death Consciousness creates a Death Culture. We live in a Death Culture because the masses of people focus on fear, violence, ill health, lack and dying more than the pleasant in life.

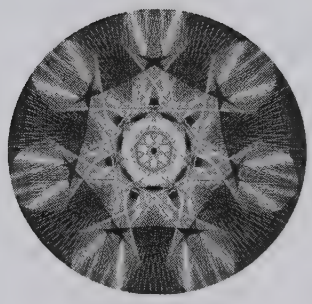
A common practice of Death Culture is to suppress and ignore information that is vital to the health and well-being of its citizens, especially in all mass media outlets. The suppression of Dr. Warburg's life-affirming work is an example of this.

Deepak Chopra observed that, the 'Hypnosis, of Social Conditioning' induces the general population into a state of denial of Self and Truth to their detriment. A lack of oxygen perpetuates the 'hypnosis, of social conditioning' and assists in keeping Death Culture in place.

The lack of oxygen at the cellular level is the cause of cancer...and every disease. This Truth cannot be denied or hidden from the world any longer!

CHAPTER SEVEN

Parasites



"We live in a world that has achieved brilliance without wisdom, power without conscience.
We have solved the mystery of the atom . . .
We know more about war than we know about peace, more about dying than we know about living,"

General Omar Nelson Bradley

The Parasite, Fasiolopsis-buski Present in All Cancers

Since the early 1990s, the issue of parasites associated with disease has become increasingly understood, first by biologists and now this information is readily available to the public. Dr. Hulda Clark is a pioneer in the research of disease which involves life forms called parasites. I have had the privilege of collaborating with her for many of my clients who had cancer and AIDS.

Dr. Clark discovered a parasite called the Fasiolopsisbuski which is present in every known type of cancer. This little life form thrives on fermented glucose and its mycotoxins (waste products, poop and pee). The mycotoxins clog capillaries of the Lymphatic System, which are microscopic in size and the width of one cell.

The Fasiolopsisbuski parasite just eats, lays eggs and excretes its waste into the body. This is its entire existence. When there is no more glucose to eat, they eat the cells of the person. Imagine being continually bitten by billions of tiny creatures! Shockingly, this is the truth of cancer and why the pain of patients with terminal cancer remains so horrific. Keeping the patient heavily drugged is Western medicine's only viable solution; yet, the pain still does not completely vanish, adding to their suffering.

The parasite problem is one frightening occurrence which I, the author, experienced during my cleansing program for recovery from systemic lymphatic cancer. I was horrified and sickened just to look at them.

Detrimental parasites can only live in the human body when deprived of oxygen. This anaerobic condition is called Hypoxia, as mentioned previously. Pathogens, viruses and nano-viruses are included in the world of parasites. Nano-viruses are so small that, until the late 1990s, there was no

technology available to see them. Nano-technology was developed to detect them. Many doctors have very little knowledge about them and many have never even heard of nano-viruses.

The connection between parasites and disease is finally receiving some attention, primarily because of Dr. Clark's outstanding work. Dr. Clark was forced to flee the USA in order to avoid persecution leading to incarceration for her controversial work. Her books, ***The Cure for Cancer*** and ***The Cure for all Diseases,*** are fascinating to read and profoundly educational. She thoroughly explains that by the time a person develops cancer, a massive parasitic infestation has already taken place in the body. Much research now exists to substantiate her conclusions.

It is unfathomable that in this new millennium the truth about cancer and disease is met with such hostility. Instead, we should be celebrating those dedicated researchers who are making such enlightened contributions to the health field globally. The terrible suffering due to cancer and other diseases worldwide can be ameliorated by these great new discoveries in the fields of energy medicine, energy psychology, Quantum physics and Meta physics.

This new energy revolution has come about through the unconditional love for life on the part of those pioneers who uplift humanity to greater heights of health and awareness. Their courage to follow their dreams and passions to bring 21st century healing paradigms into common use is appreciated and is to be heralded by people the world over.

UNWELCOME INTERNAL TRAVELERS
A Frightening Parasite Encounter

The following article by Susanne M. Skinner, PhD., RNC, HHP, is most compelling and is full of knowledge and common sense about parasites and the diseases that they cause.

Beware, This Could Happen to You.
Unwelcome Internal Travelers

"There is hardly a subject that fascinates me more than worms and parasites in the human body. When friends speak of earthquakes, I speak of worms. When neighbors speak of grandchildren, I speak of worms. My waiting room is lined with specimen jars containing my prized possessions.

Many years prior to setting up my holistic health practice, it was inconceivable to me that humans could have worms. Oh, perhaps in some far away foreign country where the sanitation was poor, but not in the United States and especially not in me. Well, I was in for a big surprise.

I had read a little article in an obscure magazine recommending a special concoction to release worms from the colon. For some time, I had been taking colonics and had never seen a worm. However, the article stated that some intestinal worms have teeth with which to dig in and hang onto the walls of the colon, thus making them immune to passing from colonic action.

After taking the recommended remedy, I began to feel strange in my middle. Thinking it was my imagination, I went about my studies for the day. That night I took my regular colonics and felt I had passed far more than the usual amount of bulk, which seemed to come out endlessly. After an hour, I looked down and literally froze. I backed up, hit the wall and ran from

the bathroom. Some time passed before I found the courage to take a second look. I peered slowly around the corner, took a deep breath and looked in the toilet. There were hundreds of them -- ivory- colored and thick as pens, ranging from two to 42 inches in length. The bowl was full of them, and they were transparent enough that I could see their inner parts.

This nightmare was repeated for six months. Day after day, month after month, I continued to pass six to seven hundred worms daily.

After researching 'orthodox' medical treatment, I realized that the worms might live and I might not. My chiropractor recommended supplements to 'digest' them. However, the infestation was too large. I tried every remedy there was, to no avail. Finally, after six months, I found a grapefruit seed extract that worked. Unfortunately, the FDA has since removed this brand from the market, apparently because it also turned around most prostate trouble. This ordeal amazed me. Having always been the picture of vitality, I asked myself, how can this be!? With most parasites, there are very few symptoms, if any at all. The only symptom I had was bloating around the middle.

After several years of research, I have found that there are thousands of varieties of worms, parasites, protozoa and amoebas. After years of infestation, severe breakdowns occur in a patient's health. With time, symptoms may increase. Symptoms include diarrhea (sometimes alternating with constipation), an ashen complexion, gas, a gurgling or growling stomach, an increase or decrease of appetite, anorexia, bulimia, an inability to gain or to lose weight, low grade fevers, coughing, hyperactivity or lethargy, grinding of teeth at night (bruxism), fatigue after eating, allergies, asthma, snoring, abdominal pains, restlessness, anemia, nausea,

dizziness, seizures, rectal itching, insomnia, vaginal itching, shortness of breath, intestinal bleeding, hair loss, low grade infection, blood sugar problems, colon blockages, tumor-like masses, irritability (especially around the full moon, when most parasites are active), hair thinning or loss, bad breath, body odor, mucous in stools, joint pains, abdominal pains, rashes and a multitude of others. If you have parasites, you may have one or more of these symptoms or none at all. By the time symptoms appear, breakdown has occurred.

In my practice, I always find parasites and worms associated with the following diseases: Diabetes, hypoglycemia, juvenile diabetes, anorexia, asthma, depression, anemia, chronic fatigue syndrome, AIDS, cancer, tumors, anorexia, bulimia, colitis, epilepsy, hyper-activity syndromes, learning disabilities, baldness, prostate trouble, appendicitis (the appendix is a favorite place for parasites), elevated white blood counts, Hodgkin's disease, Multiple Sclerosis (MS), psoriasis, some eczemas, leukemia, lymphoma, arthritis, leprosy, ulcerative colitis, low hemoglobin, poor blood quality, iron deficiencies and most bowel disorders.

How do we become infested?

Infestation can come from a number of sources: Walking barefoot in contaminated soil; eating unclean fruits and vegetables (especially water-cress), raw meat, raw fish (sushi); drinking contaminated water supplies, sexual intercourse, auto-intoxication from poor nutrition, liver flukes, kissing pets, working in the garden, mucus-forming foods, lack of proper bowel flora or proper digestive enzymes.

Why don't we hear more stories like mine?

It is not a subject the general public discusses, either because of embarrassment or people not knowing that they have parasites. Ninety percent of my patients have worms and yet are totally unaware of it. They know they have diabetes, cancer, etc., but not that parasites directly or indirectly caused or contributed to their disease. For example, cancer is simply a symptom indicating a body that is auto-intoxicated with parasites, worms, yeast, virus and other bacteria, and whose colon lacks beneficial flora.

Let's look at an example of a common parasite

The pin-worm, found mostly in children, lives in the lower intestine and rectum. The female worm comes out of the colon to lay her eggs (mostly at night, thereby contaminating pajamas and bedding as well). A single female may deposit 15,000 or more eggs, which are infective in a few hours. The crawling of the worm on the skin of the area surrounding the anus itches. The child scratches this area and contaminates his nails and hands with the eggs. The eggs are also transported by air currents, therefore other family members are easily contaminated. Statistics claim that one in five children today have pinworms. What about the ones undiagnosed ?

Parasites and worms can travel anywhere in the body. If the infestation is in the colon, the body puts a protective barrier of fluid around them to keep them corralled off, (the bloating I spoke of earlier) to try to prevent them from traveling to other parts of the body.

In diabetes, worms are in the pancreas. With epilepsy, they are in the brain. In multiple sclerosis, they are what is eating

the myelin sheaths off the exposed nerve endings. It is a misconception that the immune system of the body is attacking itself in MS.

Parasites are seldom picked up on blood tests, as they largely travel at night, not in the day when blood tests are generally given. Since they live in the liver, pancreas, lungs, bile duct, brain, muscles, joints, appendix, small intestine, large intestine, prostate, uterus, fallopian tubes, vagina and gall bladder, they are difficult to detect.

Unfortunately, allopathic medicine deals largely with the relief and/or masking of symptoms, rather than eliminating the root causes of symptoms. That is why it is important to eliminate these parasites from the body before there is a full-blown disease such as diabetes or multiple sclerosis.

Parasites and worms feed on the good nutrients from food, and their excrement then circulates in the bloodstream.

Following are a few precautions to help avoid parasitic infestations:

1. Never drink tap water, no matter how safe a water supply appears to be.

2. Never drink from rivers, creeks or streams, no matter how clean the water looks. The water may be loaded with larvae or parasitic spores. Hundreds of varieties are microscopic.

3. Salad bars may contain improperly washed produce, which carries spores that will later hatch in the body.

4. Many aged cheeses are crawling alive when looked at under a microscope. It is best to avoid aged cheese.

5. Keep a healthy environment in your colon. This is the main breeding-ground for a variety of parasites.

6. Never swallow mucus that has been coughed up.

7. Never go barefoot at the beach, horse stable, or in soil. Spores penetrate the skin.

8. Avoid raw fish (sushi).

9. Avoid raw or undercooked meat.

10. Avoid raw German steak tartar.

11. Always wash hands thoroughly after using the bathroom.

12. Parasites can be transferred through intimate contact.

13. Use separate feeding dishes for your pets -- never yours.

14. Use separate cutting boards for meats, veggies and breads.

15. Clean cutting boards with Clorox or hydrogen peroxide.

16. Properly cleanse cutting knives used on meats, etc.

17. Rinse off meats, poultry and fish and then soak them in a mixture of hydrogen peroxide and water, or

Clorox and water. A very small amount to a gallon of water is all that is necessary.

18. Don't let your pet sleep on your bed.

19. Have your pets de-wormed on a regular basis.

20. Avoid refined sugar products and soft drinks. Worms and parasites love sugar and sweets.

21. Clean your pet's bedding often and thoroughly.

22. Clean your carpets often.

23. Wash hands thoroughly immediately after gardening.

24. If your pet licks you, thoroughly cleanse your skin.

25. After handling raw meat, wash properly.

Many of the above precautions are just plain common sense. However, sometimes we are a little short in that department. In fact, I used to eat fresh fruit on the way home from the grocery store -- and then, after I arrived home, thoroughly wash whatever was left. Rather like closing the barn door after the horse got out.

Here is a partial list of ingredients in remedies that help remove parasites and worms from some individuals (but not from others): raw garlic, pumpkin seeds, juice from raw onions*, Wormwood tea, cayenne pepper, Jerusalem Artichoke, American Wormseed, special enzymes and the sap of a Latin America Fig tree. Each of the above must be used with special preparations to be effective. Also, certain time periods are better than others. Consult your doctor before

trying any and remember that treatments will vary for each individual. There is no universal treatment.

It is also important to note that some of these special preparations only knock the body of the worm loose, leaving the heads intact, and some preparations drive the worms from one area of the body to another. As in my case, colonics alone had no effect. Prior to that I had fasted for 30 days, and never saw a worm. One patient passed a fistful of worms on her 39th day of a fast. Remember, fasting without the supervision of a doctor can be harmful or even fatal.

Parasitology is a complicated science and it is even difficult to find a good lab. One of the most common parasites I have seen still remains unidentifiable by many local laboratories. It looks like a spider to me, wrapped around an egg sack. It has many long black legs. In some patients the legs are green, in others they are red. Hopefully, you are one of the lucky ones – parasite-free. If you suspect you may have worms or parasites, it is important to eliminate them from your body before you have a full-blown disease such as multiple sclerosis, cancers, AIDS or sugar diabetes. Happy hunting!"

* **Warning!** Raw onions can be extremely harsh and possibly damage the colons of some individuals; they can kill your pet. Never give raw onions to your pet.

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My Introduction to Fasiolopsisbuski

Fasiolopsisbuski is the parasite present in every form of cancer. My first encounter with it took place when I was living in Hawaii. I was assisting a terminally ill person. I determined that after my initial visit to her home, it was doubtful anything could be done for her. The environment she lived in was deleterious to her health. She was moved to a place where she could be cared for twenty-four hours a day and receive her lymphatic detoxification treatments whenever required.

She was coughing up a black substance and I was told she might expire in a few days. This black mass intrigued me so much that I took a sample to study. I was horrified to see with my naked eye a black substance containing countless eggs the size of a speck of ground pepper. Mixed in with these eggs were transparent, oval-shaped adult parasites the size of ½ to ¾ of an inch. In addition, they had a zigzag line of little black dots in each adult. I saw the same image of these parasites in Dr. Hulda Clark's book one year later. They appeared exactly the same as the picture in her book.

I was awestruck and finally understood why cancer looked like shadows on x-rays. Only the eggs can be seen in the picture since the adults are transparent. I had to be honest with this terminally ill woman and told her I was unsure if I could do anything for her. I went into the next room, sat in meditation and came out with an intuitive message to give my best efforts to her cause.

I asked, what was her greatest desire at that moment? She answered she wanted to live long enough to see her dysfunctional family together again in harmony and happiness. I told her although I could promise nothing, I would surely do my very best to help her. During the first couple of days, her family came to visit. Her energy was so low after they visited that family members were asked only to phone her for very short conversations.

I treated her about four times daily and when she was in pain. I stayed with her for over two weeks maintaining a treatment schedule of lymphatic detoxification which relieved her pain while draining her lymph. Each day she threw up less and less black substance. At the end of two weeks, she had no more parasitic eggs or adult parasites coming up from her stomach and the pain had vanished. She was very weak so we took her to a specialist who treated her with super nutrition intravenously. We were all heartened as she responded very well to this nourishment.

In the third week of her treatments, she woke up one morning unable to see and was, of course, quite frightened. I was familiar with this reaction to toxic overload and realized she needed to completely expel the toxins from her colon. She was taken to a colon hydro-therapist and when she finished her treatment, her eyesight had returned. Knowledgeable colon hydro-therapists are worth their weight in gold. The person who does the treatment or service *does* matter. Therefore, please do the research and check references before receiving treatment from a particular health care practitioner, regardless of the modality.

The woman started to eat simple foods and progressed rapidly. Since fewer treatments were necessary, I went home for a

week. Her family sensed she was recovering and stopped phoning her. Unknown to me, she was feeling upset about this. Then, I received a call from the woman's caretaker that she stopped eating and visiting her doctor for her nutrients. I knew something emotional had occurred to trigger her detrimental behavior. When I returned I simply asked this woman what caused her to stop treatments considering all she had been through and since she was recovering nicely. She spoke about her former husband, children and family and felt that no one loved her.

She was experiencing the same feelings I felt when I was faced with death some years earlier. One looks at one's life and feels no one truly loves you. It is a devastating thought and I believe people often decide to leave their body at this point. The woman reached this juncture and it was a shockingly truthful and sobering moment.

A person approaching death either surrenders to his/her transition out of the body or revives the desire to live for life's own sake. In this definitive moment I thoughtfully discussed with her that her Infinite Creator would love her unconditionally always. Her family can only love her to the degree they are capable. Wisdom teaches to accept whatever love looks like, from the humblest to the loftiest, and be at peace with that. I left her in contemplation and returned home.

She was taken to the hospital a few weeks later. I went to see her once to say how wonderful it was to have known her. Her family was around her and she was radiantly happy.

When I left, I remembered she did say that she only wanted to live long enough to see her family back together.

She lived another three weeks and passed away peacefully. I am thankful to have learned a great deal from this dear woman about what runs our lives and what we live for. She had a choice and a chance to live because she was in full recovery. She chose to leave anyway. Although I wanted her to live, I respected her wishes without judgment.

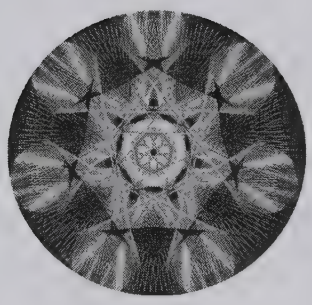
We have the free will to choose. Life is a journey of many choices. No one told us making choices would be easy, without challenges or consequences. Some people allow others to make choices for them and when this occurs, they still have to experience the consequences of those choices, positive or negative. The tendency is to blame others for our problems because we listen to them. This indicates a lack of understanding about the true nature of choice. Even no choice is a choice. We always make the choice. We choose!

When we are clear about this, we can avoid blaming anyone else for our decisions or their consequences. Exceptions are children who have yet to learn responsibility for their own actions/lives. Once we become adults, we must realize that we are responsible for all of our choices, whether or not we understand free will.

The good news; we are powerful enough to change anything we choose about ourselves and about our lives.

CHAPTER EIGHT

The Phoenix Principle



The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"Do not follow where the path leads, rather go where there is no path, and leave a trail."

David Perkins

Transformation

The Phoenix bird represents rising from death as a renewed being, completely transformed into something more beautiful and magnificent than what previously existed.

The Alpha and Omega

The Phoenix Principle is the same metaphor for those who have had a transformation from near-death experiences and other equally devastating events that have caused a complete mind / body reconstitution.

I was nineteen and from a material perspective, I had everything I wanted. I woke up one day and looked around my beautiful apartment, which was located in the most exclusive high-rise in town, and realized I was miserable. "Is this all there is?" I asked myself. "There has to be more to life than this."

I believed I was living the 'American dream'; yet, was very unhappy. I was single with no children. I was modeling and making fantastic money. I had also taken leave from the university to become a flight attendant since I wanted to see the world and have some adventure for a while. I avoided drugs and cigarettes, but I did drink alcohol and eat flesh foods.

Fear of Life

Shockingly, my father died when I was nineteen, three months after I became a flight attendant. His death devastated me. I truly loved him and we always communicated fabulously.

My father wasn't the only man I loved who died early in my life. When I was fifteen, my first boyfriend passed away in an accident. By the time I was seventeen, I was wasting away from unacknowledged grief after his death and landed in the hospital. Unable to diagnose me correctly, the doctors gave me steroids, which seemed to bring me back to life. Everyone was relieved, including me. Of course, no one thought to look into the emotional causes of my illness.

After my father's transition, I became a wild person. I didn't sleep. I stayed up for days at a time partying and drinking when I was not working. I was creating on an airline training program for a national modeling school, performing shows and speaking engagements for the airlines in between flying, dancing, singing and whatever else I could do to make sure I stayed busy. I never cooked. I ate restaurant food except when I went home to visit my mother. I was living on nervous energy and burning up my precious life force.

Eventually, my immune system began to malfunction. I felt heavy and tired all the time and started having aches and pains all over my body. Edema had set in holding water in my legs, which caused such a problem with weight gain. I was put on 'weight check' probation. I had a number of weeks to remove the extra pounds and was given diuretics to remove the water.

Unanswerable Questions

During this time, I was questioning every facet of my existence. I was angry with God. I failed to comprehend a God who caused suffering, injustice, humiliation, starvation and

all manner of inhumanity to mankind. Good people had horrible things happen to them and nothing ever seemed to happen to the perpetrators of evil on Earth. I was disenchanted and became an atheist. There *had* to be a Creator because I existed, however a Sadomasochistic God? This was the beginning of my search for the meaning of life.

My health deteriorated with each passing month and I experienced three near plane crashes in a year and a half. I *felt* it was time to quit the airline business. I turned in my resignation, moved to New York City and went for a complete medical checkup.

After a week I telephoned for the results of my medical examination and was told to come in. When I arrived at the hospital, the doctor had a solemn expression and first hesitated to tell me the news. "You have TB" he blurted out. "But we can't be a hundred percent certain in your case. There's a chance it may be Sarcoidosis. We don't know which one you really have. But since there's no cure for Sarcoidosis, we recommend you be admitted into the hospital for further testing and take treatments for Tuberculosis (TB)."

I just sat there, stunned. Doctors were still the ultimate authorities in my life. I asked questions and didn't get any real answers, but it was easy to link TB to my former profession as a flight attendant.

The airline had provided me with excellent insurance coverage so the doctor recommended me to a whole series of specialists.

The tests took thirty days to complete. Another thirty days went by. I was still in the hospital and finally insisted on a conclusive diagnosis. The doctors listened, confirming that the test results showed I indeed had contracted TB.

I left the hospital and started TB therapy which caused me to feel nauseated and exhausted. I had no appetite. My hair was falling out. I had to rest and be in the open air as much as possible. I thought about moving to a warmer, drier climate but stayed in New York City.

After six months, it appeared I went into remission. Regrettably, a half-month later I started feeling ill again. I was eating a cosmopolitan diet of dairy foods and red meat, a diet I now know to be among the most toxic for my condition. I was unaware of good nutrition at that time.

At first I felt tired and stiff so I enrolled in dance classes to keep my energy up. I danced for two months without achieving the health benefits I desired. In fact, I sometimes felt light-headed and breathing was painful. I was constipated all the time, a condition familiar to me. Furthermore, I developed bleeding hemorrhoids.

At the tender age of twenty, I had the body of an eighty-year-old person. Looking back, I remember my mother warning me all through high school that I was going to get tuberculosis from wearing damp clothes to school and washing my hair during menstruation.

Discovering the Power of Belief

On a subconscious level, we believe what our parents tell us, even though we may argue against it and call it superstition or 'old wives tales'. My protest that her wisdom was obsolete was proven groundless. No way was I going to get tuberculosis. Of course, I also held a deep, unconscious belief that whatever wisdom my mother shared with me was indeed the truth and would come to pass one day. After all, I had never known her to lie to me, ever.

To my amazement, I was eventually diagnosed with tuberculosis. My mother was proven right. Or, was this a self-fulfilling prophecy? I was unsure.

Please understand, I am not blaming my mother or anyone else for my misfortunes. As an adult, I take full responsibility for my life's choices. My parents did their best and I certainly know my mother's warnings were inspired by her profound love for me.

Every experience throughout my life, whether it seemed positive or negative, was necessary for me to become the person and lymphatic pioneer I am today.

Most people have some type of dysfunction in their lives. The key to understanding dysfunction is to look at it without judgment so each issue can be seen objectively. Judgments made in the present, based on past experiences keep us stuck in the past. This prevents us from seeing the present moment

clearly, allowing for discernment of the truth in order to make appropriate adjustments and choices based on existing circumstances in present time

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Our past conclusions and opinions are unclear perspectives from which to act, or from which to make decisions relevant to *this* Now. Exceptions include situations of danger. Unless our thinking evolves away from past experiences, we are doomed to repeat them and thereby remain somewhat dysfunctional, as we perpetuate the past over and over.

A Special Sanctuary of Health

Returning to TB episode, the medicine I was prescribed initially cured my illness; but, still, it made me sick. I started feeling ill again, yet this time there was a new lethargy I never experienced before and found it challenging to endure. I discontinued my dance classes for lack of energy and I was in pain most of the time.

The doctors put me on an anti-depressant drug along with the other medicine this time, but this drug only added to my sluggishness and immobility. My legs were swollen. My breath was so bad I practically lived on breath mints. The doctors did more tests and reported they were unable to find a cause.

They suggested I go to a 'special' clinic in Albany, New York, which was the only one in the United States of its kind that could help me. So, I went.

Smiling Faces of Betrayal

The drugs they gave me caused baldness, so I wore a wig and was a nervous wreck. I had taken this new treatment for six months when I surprisingly discovered an inhumane and diabolical plan in progress. I had never before received the information pamphlet that the pharmaceutical company sent to the doctor. One day when I went to the clinic to pick up the medicine, the nurse forgot to remove the pamphlet and left it wrapped around the bottle. Curious, I read it..... and was terribly shocked.

It was horrifying! I was hit with the reality of my insignificance as a human being in the hands of doctors bought by the drug companies. I had become an expendable item!!! The words echoed in my mind as I read them: "If your patient has any of these symptoms, discontinue use or permanent damage will result." I read the list of symptoms over and over again. I had complained to the doctor about all but one of them for the past six months. In the week before this day, my neck opened in five places and poisons streamed down my chest in a constant flow. Shocked and terrified that I was being treated so inhumanely, I knew I was really in trouble.

I exclaimed to the nurse "Why are you giving me this medicine? It says that if your patient is having any of these symptoms, discontinue use immediately. I have all but one symptom." The nurse responded, "This is what we give all of our cancer patients, honey," I said, "What do you mean by cancer?" She replied, "Everyone here has cancer." I shouted, "Nobody told me I had cancer!!!

" They said they didn't know what I had and that this medicine would cure me." The nurse appeared alarmed and puzzled.

Overwhelmed by despair, I rushed into the doctor's office and let him feel my full anger about being lied to and used as a guinea pig. "How dare you play with my life!" I screamed at him. "I am not going to let you kill me!" "You will never see me again!" "If I die, it's not going to be at your hands!" I ran out of his office. As I left, the doctor shouted back to me "You only have three weeks to live anyway" with great cruelty in his voice.

I didn't know what to do. To be sure, I knew I was never going back to the clinic nor taking chemo again....ever. This determination came from my very soul. My family was totally unaware of my state of health. They lived in Pennsylvania and I never told them.

The Definable Features of Death

I resigned myself to dying. The physical condition of my body clearly expressed death. My skin, black as coal with scaly patterns, gave my whole body the look and feel of snakeskin. My face always looked as if I were in the peak of health. However, from my neck down I was miserable and rotting, full of parasites and poisonous chemicals the drug companies called medicine. Anytime my body was touched, I felt excruciating pain, especially in my feet. Of course, people were always stepping on them. Every time it happened I would feel the pain for hours.

Unable to stay up for more than fifteen minutes at a time, I sometimes lay in bed or on the couch, as much as twenty hours a day. My former husband was afraid to live in our home with me. When my neck started to drain, he feared I was contagious and he might get sick as well. He remained in the house but kept to himself. I told him he was being ridiculous, but I now know he was right. There are cancer viruses. I am so glad he listened to his own inner wisdom. We should listen to trust our inner guidance or intuition.

It was time for me to face my own death. Finally, it arrived... the moment we all dread, but cannot really imagine. This was a devastating realization as I looked around and I felt that no one loved me. I am sure that many people leave at this point. Moving past that moment, I could see that I was indeed loved. However, the degree of love I was yearning for could only come from my connection to my Creator. I sat there immersed in the reality that I was about to leave my body for good. I was dying and was completely unaware of a way to continue living. I looked death in the face, absolutely clear about my life and what had happened. I felt amazingly detached and prepared, sort of.

Ancient Path of Life - Surat Shabd Yoga

I had found Surat Shabd Yoga two years before my diagnosis. This practice is the highest form of meditation, the yoga of sound and light. It is a path of simple practicality, infused with concentration, bringing the practitioner to self and eventually God realization. Without dogma or ritual, just meditation, taught by someone who had mastered it.

I thought that if I am dying, I am going to leave in the presence of God, so I spent ninety percent of my time in deep meditation. For the first time in my life I understood the concept of Self—the true Self that lives within the body, the higher Self which experiences Life, the part of us that is divinely connected to the Infinite Creator.

I was listening to the still, small voice within me, the one that warns of danger, the one that lets me know what is real, even if ignored. The higher Self never tires of guiding us. My meditations brought me peace with whatever was to happen.

Answers from Within

I woke up one morning and a voice within me said "What you are looking at in life is not God's doing. What you are seeing is Man's inhumanity to Man. Remember, this is a free will zone. All have choice here."

I was looking for answers to why there are starving people; why terrible things happen to good people; why some are in dire poverty and others favored with wealth; why color and race are so divisive, when it was clear to me that people have similar problems regardless of the superficial differences. I was unable to comprehend why women the world over were treated so poorly and considered less than men; why in many cultures they were considered important only for their ability to breed and be useful. It is all choice…

I was dismayed. I thought, "Incredible…people are choosing to live this way? Well, I was sent here at the wrong time." This was my conclusion and answer to the response from that inner voice.

Star Gate to Now

Three days later I had a spectacular vision of this present time, which ignited my desire to remain living with all my might. I wanted to experience that marvelous time, coming to humanity, which I later learned was previously predicted in numerous sacred texts. Since my body was so deteriorated, I surrendered and left it up to Divine Providence whether I was to live or die. I just continued to sit in meditation for hours.

Miraculously, I heard the ever-present voice inside speak to me in sound, healing me, teaching me and guiding me. I followed that indescribable sound on my inner journey home.

Companions of Destiny

One week after this life-changing vision, my friends, Thelma and Dickie, visited me from Florida. Dickie took one look at me and exclaimed in a southern accent "Girl, you are dying."

"I know," I replied. "But I don't want to die." "Well, you are not going to die, OK?", he assured me. "OK. What do I do?" I said. I felt like a five-year-old child and I knew he was sent.

I was surprised that I had never before seen this side of Dickie. I had no idea he was an Herbologist. He took me by the hand to the health food store and purchased the book ***Back to Eden***, the herbal Bible. The book had a large section on cancer. Dickie picked out the herbs I needed and showed me how to process them, instructing me to drink the formula four times a day. It was so bitter, I cried every time I drank it.

Dickey's statement "You are not going to die" was the beginning of my knowing I would be healed. The weeping sores in my neck closed up in three days. I continued doing my mediation for hours a day. In the space of two months, my energy was restored and I was able to stay up all day long.

At this point, I went to see Micho Kushi who brought Macrobiotics from Japan to the West. A Macrobiotic diet is mucous-free and contains no breads, eggs or dairy products, no flesh foods, not even fish and no fruit. This is a true vegan plus diet. Tofu and seaweed from Japan are staples along with brown rice, lentils and mung beans. This simple diet rebuilds the body quickly and was instrumental in restoring all my body systems. Micho Kushi taught that cancers love mucous, which explains why this diet is so effective. it is mucus free.

During this time, I met a chiropractor dedicated to holistic health from a Quantum perspective. Dr. Kepfoia T. Padu was highly adept at his work. He was also a mystic who practiced Surat Shabd Yoga. He administered my first colonic three days after I started taking the cancer herbs. Dr. Padu placed me on a cleansing program and I underwent colon hydrotherapy for two weeks straight to clear my colon.

Yikes !

I had never heard of colon cleansing. Having no idea what this was going to entail, I was a little nervous. The colonic assistant prepared me for my first colonic assuring me it would be gentle. I watched as solid masses of waste moved from within my body and out through a clear tube.

We repeated this procedure every day for an hour and a half each time for fourteen continuous days, including Sundays. I

was amazed at what I saw coming through the tube: things with strange butterfly shapes, some so hard they hit the side of the glass tube. Other shapes resembled the twisted condition of my colon. I was glad I couldn't smell it! All those years of waste buildup had seriously constipated me, assisting my demise. After this initial series of colonics, I took cleansing herbs to keep the elimination process moving along.

Fast – To Last

Then, I met Queen Afua who is a Master of Fasting. She put me on a fast for thirty days. Fasting allowed me to completely discard the damaged and dead cells from my organs and tissues. I continued fasting every other month for the first six months and then four times a year thereafter.

Before each fast I would undergo colon hydrotherapy, the modern name for this procedure. Along with fasting, colonics, herbs, diet and a change of lifestyle, I still enjoyed meditating every day because it changed my thinking and opened my inner sight. When we change our minds, we transform our lives.

Meditation – Rejuvenating Medicine of Divinity

The most important part of my healing was meditation on sound and light called Surat Shabd Yoga. I meditated many hours each day. Curiously, I felt better after each meditation. I noticed the more I sat in meditation, the more relaxed I became and required only a few hours sleep each night. Meditation was saving my life.

A more refined understanding of consciousness and Quantum physics occurred when I attended the Ramtha School of Quintessential Mind in Yelm, Washington, in the United States of America. I learned how consciousness and energy, 'C and E' as Ramtha calls it, changes the electromagnetic environment on the cellular level thereby raising consciousness. Attending Ramtha's School was a pleasant and extraordinary experience that was mind-expanding in surprising ways.... a highlight of my life for sure.

When I studied Lymphology, finally I realized that what I was seeing in meditation on my journey back to wellness. I was witnessing the healing process of the Lymphatic System in action. I also understood scientifically the information imparted to me spiritually during meditation.

Above all, discovering that, the lack of oxygen flow through my body facilitated the growth of cancer cells was a stellar moment in my quest for the truth. The other contributing factors, of which I share in this book, completed my full understanding of how I had arrived at deaths' door. It took me six long years of relentless dedication to restore my body and nervous system.

The Phoenix Rises . . .

Reflecting on my healing journey to the greatest health that I had ever known. I realized that even before I became ill, and while I was facing death, that I was angry with God. Who was this God that I didn't know or understood and yet, expected to obey.

I felt I had been sent to a time that I did not fit or like. I failed to understand the hideous things I saw, the terrible injustices perpetrated on man and woman. I did not want to live in a world like this and therefore, I blamed God. After all, did he not create this world, I reasoned. I knew nothing about the truth, or how to reach this invisible terrible God, but I wanted to.

I had always delighted in the Creator's kaleidoscope of beauty in nature and human life. It was incomprehensible as to why people were not fascinated by the differences that cultures expressed, the various skin colors, faces, physical stature etc. I saw these differences as windows, through which the Creator witnesses and experiences life, in infinite manifestations, through us all. There is so much we can learn and enjoy about the total expression of life in all its diversity.

Yet, in light of my life and the reality of this world, I was unhappy about being here and I wanted out. I saw that, I was slowly killing myself through ignorance and a lack of knowledge.

The other reality I saw was that mankind is responsible for all the suffering in humanity through ignorance and denial. I came to the realization that I was here at the right time after all. I had to develop a greater understanding of consciousness related to myself. I saw how we could all work together while accepting humanity's diversity and interdependence. Once I became conscious of this, I found the will to live. I realized at that very moment, the incredible opportunity that life offers.

Of course, by the time this realization was revealed, I had allowed the forces of negativity to wreak havoc on my mind and body. I had to desire to live, more than anything else in the world, which was necessary to continue living. This

understanding was shown to me. No one or no thing was to be more important to me than desiring my own life and my relationship with my own Infinite Divine Essence within myself was the restorer of my life.

The Meditation I did cleansed my Lymphatic System and removed the blockages. It raised my consciousness and elevated my understanding by enlightening my mind. This incredible process changed my DNA. Therefore, the information that my cells received created a completely new and different cell structure, than my previous body contained.

From the ashes of destruction, I became the 'Phoenix', rising into radiant health, youth, wisdom and the joy of life, Reborn.

CHAPTER NINE

The Divine Lymphatic System

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"The mind's first step to self-awareness must be through the body."

George Sheehan

"The body is an instrument, the mind its function, the witness and reward of its operation."

George Santayana

The Human Body Perpetuates Itself

The study of Quantum physics has altered our understanding of body chemistry. Scientists are sharing newly discovered knowledge about the mind and our emotions. Love is one area that is explored including the pleasures of romantic love. Sex and romance have to do with the body's natural propensity for the continuation of our species and purely chemical. Also, the chemicals associated with body perpetuation can actually lead to addiction as well as any repetitive experience.

Receptor Sites

The biologists of the past believed the cell's memory was contained in the nucleus of the cell. Quantum physics has proven the cell's memory is located in receptor sites on the wall or membrane of the cell. This was discovered through a process called Enucleation.

Receptor sites register all experiences: physical, mental, emotional and spiritual. The receptor sites are of a limited number. Thus, there are a certain number of receptor sites for all events and experiences that we can potentially have.

All repetitious activities exist in the cellular memory, which, again, is located in particular receptor sites. When we become highly habituated and new experiences are extremely rare, the telomere transfer of perfect information from the DNA to RNA, for the new cells, begins to wear down.

The information does not transfer perfectly. The result is imperfect cells being created, which accelerates aging. Therefore, our ability to change and grow continually is built in. We are not meant to experience the same thing redundantly without new information flowing through our mind.

When the same event is experienced, habitually, the new cells are reproduced with more receptors for that event or experience, leaving fewer receptors for other events or experiences that are vital. Addiction becomes cellular a result of this process and progresses into deterioration eventually.

For example, when we experience great pleasure during an activity (such as sex), we continue to repeat this activity again and again, using a (sex) receptor site each time. There are a limited number of receptors for each event. Therefore, when we experience sex or any activity more than any other activity. New cells are created with more receptor sites designed for that activity.

When this occurs, the receptor sites for other experiences, or processing vitamins, for example, will be fewer in the new cells. This excessive receptor use eventually becomes a detriment to the body, because receptors will be missing in the new cells that are essential to health as the addiction grows. Some form of impairment first occurs at the cellular level. Then an organ or system begins to deteriorate. At this point cellular damage and be clearly detected and the cause is usually not linked to receptor sites, rather to the addiction itself.

The new cells then stimulate chemicals which create cravings for the excessive activity. Each new generation of cells that are produced have more of the addictive receptors. This cycle repeats again and again as new cells are created.

The Creation of the Neuro-net

Another characteristic of the receptor site activity is called a neuro-net. A neuro-net is a network of fibers, which are rooted in the neurons of the brain, which are created from a repeated activity. The net is formed by a tiny string-like fiber that grows out of the dendrites of the neurons and connects to a previous string-like fiber, from the same activity. This process continues until a network of fibers, or a net, is created inside the brain, related to the excessive activity. Neurons read and process frequencies or energies that interact with the body, mind and spirit.

When a neuro-net is created, the activity has a life of its own and is extremely difficult to eliminate because it is part of the cell memory. Our cells can only reproduce what they remember. This process can be stopped by completely discontinuing the activity, which created it.

Addiction

Addiction is the name of the previous mentioned Neuro-net process. We can become addicted to people, places, things, times and events or anything that produces a feeling of pleasure, a high or even stress and pain, whether emotional or physical.

A cascade of chemicals called neuro-peptides is released causing steroids to be produced and sent throughout the body. Steroids are soothing agents, ones that give a feeling of euphoria, an enhanced pleasant sensitivity or a sense of well being. **All addictions are cellular.**

The film, *"What the Bleep Do We Know"* humorously illustrates this process. Even children understand how addictions occur after viewing this film. Knowing that obsessive, repetitive actions are cellular brings a greater understanding to the subject of addiction.

This knowledge can assist people, who are dangerously addicted, seek treatment that addresses the cellular aspect of addiction. Perhaps this is why ancient wisdom tells us moderation is the key to a healthy body and vibrant life.

The end of addiction begins with the understanding that all addictions start with the thoughts we choose to entertain. We must change what we think and completely eliminate the addictive activity at the same time so that permanent change can occur. Different thoughts create different chemical reactions in the body and, thereby, different outcomes.

There are new ways to change thinking which can be most helpful in creating new thought patterns to eradicate addictive behavior and transform our lives. Neuro-Linguistic Programming, Sleep Therapy and EFT- Emotional Freedom Techniques are among the most effective ways to address the physical, mental and emotional aspects of addiction by changing thought patterns without using drugs. It all starts with a conscious choice to end an addiction.

Loving Yourself

It seems ridiculous to think we do not love ourselves. The definition of what love is and is not is essential to understanding, what will keep the Lymphatic System healthy. First of all, Love is universal to all Beings and is the cohesive

factor holding life. However, in many instances, the chemical rush of emotions has been substituted for Love.

A cascade of hormones is responsible for all addictions, from food, alcohol, tobacco and drugs to sex. Anything experienced more than twice can begin a neuro-net in the brain, fueled by the emotions and the chemicals associated with the activity.

Addiction to people, places, things, substances, and activities all have their roots in repetition, emotions, chemicals, neuro-nets and receptor sites of the cells .

This is *not* Love. Love is the cohesive factor governing all life and is unconditional and non-judgmental. The Lymphatic System is the mirror which allows one to be aware of how every thought, feeling, emotion or activity affects the entire body.

Loving yourself signifies balance in activities, the mind, body and spirit. The Lymphatic System is the highway of health that reaches every cell. In order to maintain perfect health, we must always remember to love ourselves enough to create moderation, which allows for unlimited exploration and experience. Moderation is a plus for youth, health and growth.

Fear and Lymphatic Function

Our Lymphatic System reacts to all thoughts, feelings, emotions and actions, real or imagined, which includes all media. Anything that does not make us feel loved and safe, any form of fear at all, causes blockages in the Lymphatic System at the cellular level, eventually compromising health. Until the cause of the fear is identified and released, total healing is difficult or even impossible. All fear is learned and can be unlearned.

A Time of Mastery

We are fortunate to be living during this time of history when options are available. Unlike our ancestors, we can choose to live consciously in the present moment while expressing perfect health while living our individual Magnificence!
Whatever is chosen, the Lymphatic System reflects the truth of that choice.

How the Mind and Body Use Energy

It is fascinating to know that using the mind requires more energy than physical activity. When we are engaged in an activity or thought which is mentally absorbing. We are unaware of our conscious relationship to the body. We become so engrossed in our focus that there is no thought of the body or time. Consequently, we experience a state of timelessness.

This state requires extra energy to sustain for long periods of time. This is the "**Zone",** it is called, which is experienced in intense physical activity. Athletes and performers use this word often to express the **state of timelessness**. As the shouts of the fans are replaced by silence on the field of play, time is altered and everything moves in slow motion. History making performances are witnessed while the zone is present.

It has been scientifically recorded that physical activity is 90 percent mental and 10 percent physical. The Chinese and Russians train their athletes for the Olympics using mental exercises and visualizations that yield profound results. The Chinese are successfully using this 90/10 percent principle.

The Focused Mind

When immersed in the creative dimension, mentally or physically, the mind is intensely attuned to higher frequencies of thought, which vibrates inter-dimensionally. Some call this Universal Divine Mind, or the Unified Field in Quantum physics. In Meta physics, this is called the Void, Super-Consciousness or Infinite Universal Mind.

Development of our super-conscious Selves can be cultivated in the creative arts, sciences and sports. All art forms have the potential to take the participant to their highest ability of expression. We observe life's supreme expression of art in all areas of human endeavor sports, business, industry, media, healing, virtually all areas can be named here. We call these people, the best, the top, masters etc.

What You See Affects You

What we place in front of our eyes also affects the Lymphatic System. Whatever is observed is related to lymphatic health. If what you are looking at causes fear or discomfort, no matter how insignificant, lymph blockage will occur. This is because the brain is unable to differentiate between 'doing' and 'watching'.

Automatic responses are produced from what is seen through the eyes. Thus, the body responds positively or negatively depending on what is observed. Spiritual Masters from antiquity to the present time emphasize the importance of being in control of our emotions rather than allowing the emotions to be in control of us. The sequence is:

- The higher mind controls the conscious, mortal mind.
- The conscious mortal mind controls the emotions.
- The emotions control the senses.
- The whole process affects our Lymphatic System and *Therefore, our health.*

This sequence occurs naturally in mastery. Most people are not taught how to master their emotions or minds. Making it necessary for each person to do this on their own, however they can. Changing our thinking affects the emotions, which produces a different outcome. Therefore, when we are aware of this sequence, we become conscious of where we are in our ability to control our emotions. We also know how much more development we need.

To Think IS To Create

To think is to create. This is the most powerful truth to understand about the mind. The act of thinking IS the act of creating. To remain in excellent health is to be in control of our thoughts. Emotions activate feelings through our senses, which affects our thinking process as well. When this happens, chemicals released via the neuro-net associated with feelings, either cause discomfort and disease or radiant health.

What Observing Does

A study was done by behavioral scientists when they monitored men and women watching a football game on television. The adrenaline levels of the players were tested on the field, and on the people watching the game from home at the same time.

The surprising results showed that the adrenaline levels of the people watching from home were identical to the athletes playing the football game. This demonstrates that 'observing' affects our body exactly the same way, as if we are doing the physical action. Therefore, **to observe is to create the feeling of doing, what is being watched, while, at the same time producing a chemical reaction in the body.** Movies, television and all visual media including advertising, thrives on this knowledge.

Food Choices and Obesity

The topic of food has become a risky subject to discuss because of the social, psychological and cultural implications, which affect belief systems regarding food. Understanding this, it is essential to bring awareness to our food choices, simply to help save lives.

Americans have become the first society in the written history of man to have a population that is 60 percent overweight and obese. This truth regards men, women and children.

The Media Is the Message

The media focuses more on overweight women than men, keeping gender prejudice alive. Advertisers appeal to women's inability to accept their self, based upon character rather than mainly their physical appearance. These 'vanity pushers' are making phenomenal profits by programming low self-esteem subliminally. Of course, the damage being done to our young people and the whole society is ignored Blatantly.

The 'hard sell' accomplishes its goal (profit) because of the medias' effect upon the mind. Television operates in the mind dimension. When we are engaged in watching monitors of any type, we enter into an altered state of mind. An example is when children watch TV and are so engaged in the program that in order to redirect their attention away from the monitor, the TV must be physically blocked or turned off. Evoking violent behavior in some cases and most certainly some reaction, as the mind is shocked out of the TV dimension into physical actuality, thus unknown Lymphatic Blockage results.

Television uses sight and sound to absorb the mind in the program. Programming is less effective when viewed without sound, or sound without visuals as when listening to radio. As with the afore-mentioned football game, we are put into an altered state and susceptible to both positive and negative influences. This awareness about TV is given to educate the reader of how powerful television's influence is, in affecting our emotions, our habits and our health, literally.

The advertisers can take unfair advantage of this by using Subliminal programming as well. Subliminal programming is designed to bypass our ability to discern. Advertisers use visual media to impart their messages in order to solicit **your** response...to **their** choice(s) for you.

Emotions conditioned by subliminal programming often cause us to make poor choices such as junk food, rather than a diet of whole, unprocessed, unrefined, fresh and preferably organic food to keeps the body healthy. The fewer toxins ingested, the easier it is for the Lymphatic System to keep the body well.

Foods Turns into Light

According to Quantum physics, everything is energy. The food we eat turns into Liquefied Energy. Every morsel is a form of energy. The degree of energy in the food is called Life Force, which is transferred to the body's cells through the digestive process. The quality of the food consumed determines the potency of the energy imparted to the cells contributing to well being. The Vegan raw food enthusiasts are gaining popularity because of this understanding.

The small intestine is the seat of the Lymphatic System. Nutrients are removed at various intervals as food moves through the small intestine. When food reaches the large intestine, it becomes waste or fecal matter to be eliminated through the bowel.

The entire intestinal tract is lined with lymph nodes from the beginning of the small intestine and ends at the anus. These nodes are consecutively placed. This is why intestinal cleansing is so critical to good health. The small intestine must be cleared regularly so that permanent results of excellent health can be maintained.

What the Media Hides

The real culprit responsible for creating a fat society is avoided in the news. Most of the information I have seen in the media primarily addresses the need to curb eating junk foods, deep-fried, sugary and fattening foods because they are without nutrition. These are called 'empty calorie' foods**. Sugar is the number one 'empty calorie' food.**

Sugar, Sugar, Everywhere

Sugar is like a drug unless eaten in natural form such as fruits. Sugar is more addictive than heroin, crack, cocaine or opium. This is incomprehensible to most people. Sugar is very damaging to children since it creates a chemical fire in their little bodies. It is difficult for them to sit still or think clearly and often they can become irrational. When children have a tantrum because they are refused something sweet, they are reacting to a sugar addiction. The exceptions are children whose parents give them fruits. I gave my son fruits only and, as a result, when he tasted candy or processed sweets, he ignored them because they were too sweet for his taste buds.

Fast foods and nearly all canned and packaged foods contain sugar in many forms with negligible nutritional value.

Malnutrition is the result of an 'empty calorie' diet. Therefore, when the body craves sugar, an addiction has been created which leads to obesity, diabetes and other diseases. **When too much sugar is in the system, the two hormones necessary to burn fat become insufficient and muscle tissue is burned instead of fat, leaving the fat untouched.** People are turning into bodies of fat as their muscles are consumed for energy.

This is a man-made problem. Each person suffering a sugar addiction in our modern world is doomed to live in an unhealthy body. This deadly habit has its roots in every facet of human life. Celebrations of all kinds, holidays in every country and nearly all religious' ceremonies including funerals have sweets as an integral part of the success of these events.

Every culture in the world has fallen prey to this destroyer of our health. Processed white sugar and corn syrup with all of its derivatives and substitutes are cheap and universally used in processing. Many food manufacturers put sugar in beans and other processed foods, whether detectable or not, for enhanced flavor…to keep you addicted.

We now understand how sugar beguiles the mind and senses as it compels its victims ever so sweetly into an early grave, as their bodies deteriorate in front of their eyes. I once believed the obesity problem was just an American phenomenon. However, I now know obesity is epidemic in many countries around the world, especially those countries that have adopted the Western style of eating.

There are only two possible outcomes to eating. It either takes us to a healthy life of fulfillment or pushes us toward illness, disease and death. It is now time to *live* the Formula for Life. We have been practicing the Formula for Death far too long.

How we think and train the mind to process stimuli is just as important as the substances we choose to introduce into our body, which ultimately determines our state of health.

Hidden Causes of Obesity

Sugar, is the quintessential 'empty calorie' food. Unconsciously, we give our children this insidious poison, which is destroying their minds, bodies and lives, as well as our own.

Sugar is used as a reward for birthdays, holidays, celebrations of all kinds, especially for children, as a feel-good treat, for bad days and good days and just plain because.

Sugar acts just like any drug in the body, as it creates an acid imbalance at the cellular level. This causes numerous debilitating effects: headaches, impaired immune function, cancer (prostate, uterine, intestinal, bowel, etc.), diabetes, impaired nerve function, inflammation, attention deficit disorder in youth and adults, obesity and many other diseases. When the pH of the body is in the acid spectrum, the acid condition is most often created by excess sugar, regardless of the sources. That's right, folks, sugar is the main cause of overweight and obesity problems and their health conditions

Insulin is a hormone that prevents starvation by burning stored fat. The two main hormones, globulins and growth hormone, are necessary in ample amounts to burn fat. Sugar reduces the production of these two most vital substances.

Excess sugar prevents fat from being burned, so muscle tissue is burned instead. Therefore, muscle is replaced by fat and the person becomes overweight as the body collects fat and loses muscle.

Grains, and especially corn (a grain, not a vegetable), cause the same reaction as excess sugar. Corn products such as corn syrup and its derivates are used in virtually all processed foods even though it is often omitted from the label. This is called 'hidden sugar', which has a definite negative affect.

Most soda/soft drinks and even some 'healthy' new teas and juice drinks contain corn syrup. The average American drinks 56 gallons of sugar-laden beverages each year. With this excess consumption of sugar, it's understandable why obesity is now claimed to be an epidemic. This statistic refers only to soft drinks. What about peanut butters, cookies, candy, crackers, soups, processed nuts, etc.? The list is endless.

Wheat, corn and rye are the most common grains grown with pesticides and genetically modified seeds (GMOs). The GMO grains and vegetables are created to increase shelf life rather than to enhance nutrition. They are proven to cause severe health problems and even death.

Many European countries, Japan and China have banned GMO foods because of their non-food effects on the body. African, Asian and South American countries have been pressured to buy this unwholesome and potentially deadly pseudo-food, which is affectionately called 'Frankenfood'.

Excess sugar and grain products upset the acid and alkaline pH balance in the body. An acidic pH causes oxygen deprivation at the cellular level. Glucose and oxygen create energy in the cells. The chemical name for this energy is ATP, Adenosine Tri-Phosphate.

As mentioned, the Formula for Death is activated when the pH is out of balance. Glucose ferments and the cells take this in, creating mutated cells. We call these Cancer cells. Please refer to Chapter 7 for more information about the cause of Cancer.

Aspartame - Sweetened to Death

The following information is taken from the College of Physicians Conference on Aspartame. Aspartame is a neuro-toxin. It has been implicated by the College of Physicians as the cause of many terminal illnesses and near epidemic diseases in America including Multiple Sclerosis (MS), Lupus, Fibromyalgia, Diabetes and Manic Depression. Suicides and brain tumors are included in a list of 94 illnesses now identified by Aspartame consumption.

Aspartame is an artificial sweetener, the most common names are NutraSweet, Equal, Sweet'n'Low and Spoonful...the most popular brands. There are other names. In 1999 at the Multiple Sclerosis Foundation and World Environmental Conference, the EPA (Environmental Protection Agency) announced there is an epidemic of MS and Systemic Lupus and they are yet unsure which toxin is causing these problems in the USA.

Aspartame turns into formaldehyde in the brain and into formic acid which causes metabolic acidosis. Fire ants have a poisonous sting which is formic acid. Formic acid is also called Methanol Toxicity, which mimics Multiple Sclerosis. Be sure to avoid being one of the many people misdiagnosed, when the real culprit is aspartame-poisoning.

Consumers of Diet Coke and Diet Pepsi have been shown to develop Systemic Lupus as well as Multiple Sclerosis. The person is usually unaware of this toxic affect. Therefore, the continued use of diet drinks becomes life-threatening. Other symptoms are spasms, numbness in the legs, shooting pains, dizziness, vertigo, tinnitus, headaches, depression, joint pain, slurred speech, anxiety attacks, memory loss and blurred vision. If you have any of these symptoms and you use diet foods and drinks, you may have what is now diagnosed as Aspartame Disease.

Aspartame was among 100 products which were included in congressional hearings on biological warfare agents. Now over 5,000 products containing Aspartame are sold worldwide. Since the hearings, nothing has been done to date to keep this insidious poison out of our food supply.

Blindness is caused by methanol in the Aspartame converting to formaldehyde in the retina of the eye. Formaldehyde is classified with drugs such as cyanide and arsenic: very deadly

poisons. Formaldehyde is stored in the fat cells, particularly in the hips and thighs. It takes longer to kill a person, but it will kill and quietly with an accompaniment of an onslaught of neurological problems as well.

Aspartame changes the brain's chemistry and is the reason for severe seizures and even Alzheimer's and Parkinson's Disease in some. Aspartame changes the dopamine level in the brain. Dopamine is the hormone that creates calmness and a sense of well-being, a natural high feeling in the body.

Aspartame creates a craving for unneeded carbohydrates which can make a person fat. Obesity is now a worldwide epidemic with more than half the population of America overweight. Dr. H. J. Roberts is a Diabetic Specialist who authored ***Defense Against Alzheimer's Disease***. He says the patients who eliminated Aspartames from their diet lost an average of 19 pounds per person in a relatively short time.

Aspartame is especially deadly for diabetics, says Dr. Roberts. Dr. Russell Blaylock, a neurosurgeon, states the chemicals created by Aspartame stimulate the neurons in the brain causing damage of varying degrees. An excellent safe sugar substitute is Jerusalem Artichoke. (See Products List)

Dr. Blaylock's book ***Excitotoxins: The Taste That Kills*** is very compelling. Doctors at the Conference were surprised to learn that phenylalanine in Aspartame deteriorates the seizure threshold and depletes serotonin, which then causes depression, rage and violence.

A mother noticed her baby began having seizures after drinking a formula with Aspartame and informed her physician. The physician called the ADA (American Drug Association) and then told the parents to continue giving the

child the formula containing Nutra-Sweet, even though the baby was having seizures daily! When people and children are taken off Aspartame by their doctors, the seizures stop cold, one doctor stated about his results at the Conference.

This sounds very scary indeed as we witness escalating depression and violence. The deadly poison, Aspartame, is now in over 90 countries worldwide. Is it any wonder we are in a war and hear of senseless violence to children and communities globally?

The majority of symptoms from Aspartame span the gambit, causing effects from coma to death. These are neurologically-based, since Aspartame destroys the nervous system.

This is major news and I encourage you to share the Aspartame story with everyone you know. Even Gulf War Syndrome has been linked to Aspartame because the diet drinks given to the troops sat in 120 degree Fahrenheit temperatures in the Arabian sun for weeks on pallets.

Aspartame starts to liberate methanol at 86 degrees F. The service personnel drank them all day long and their symptoms are identical to Aspartame poisoning. If you are considering having a baby and are drinking or eating diet 'anything' that has Aspartame by any of its many names, please stop.

Remember, phenylalanine goes directly to the placenta and will cause mental retardation, according to Pediatrician Professor of Genetics, Dr. Louis Isas, at Emory University in his testimony before Congress. When brain tumors are removed, high levels of Aspartame was discovered inside, one surgeon stated from the audience at the College of Physicians' Conference.

STEVIA - A Real Sweet Choice

Stevia is a natural sweetener used in teas, foods and drinks. Agave and Jerusalem Artichoke are very low on the glycemic scale, great news for diabetics. All may be available at health food stores or on the Internet. Check the sources page at the back of this book. These sweetener alternatives are non-toxic and good for you. Stevia is actually a food and helps in the metabolism of sugar. It is ideal for those suffering from all forms of diabetes.

The FDA has approved Stevia as a dietary supplement after years of being outlawed because of Monsanto's lobbyists. Monsanto is one of the top chemical companies involved in the food, drug and agriculture industries worldwide.

Finally, we have a sugar alternative that is safe and won't make you fat: Stevia.

I consciously avoid purchasing any food with 'sugar-free' or 'diet' on the ingredient list. How about you? Senator Howard Metzenbaum wrote a Bill to warn all parents and pregnant women of the dangers of Aspartame. The Bill was shot down by the powerful drug and chemical lobbies. We are virtually on our own to share this life-saving information that can keep our loved ones safe and healthy.

MSG – A Lethal Flavor Enhancer

Monosodium Glutamate, another neuro-toxin, causes many of the same health conditions and diseases as Aspartame... and is just as deadly.

It is called by many names: modified food starch, hydrolyzed vegetable protein, meat tenderizer (Accent) and is now termed on the label 'natural spices'.

Be aware, read labels, and avoid consuming foods 'spiced' with MSG. It is primarily found in processed and packaged foods. Chinese restaurants have traditionally used MSG in the past. Today it is more widely used by fast food and other restaurant chains, as well as many food manufacturers.

The Dark Side of Recycling – Rendered Food

I feel it is most important to share with you an article from the *Earth Island Journal* entitled **The Dark Side of Recycling** about rendered food products.

This article is *gruesome*, true, and a very graphic description of a portion of our food supply. . You may choose to skip over reading the article and move on to the next chapter, returning later, especially if sharing with children.

"The rendering plant floor is piled high with 'raw product' — thousands of dead dogs and cats; heads and hooves from cattle, sheep, pigs and horses; whole skunks; rats and raccoons - all waiting to be processed. In the 90-degree heat, the piles of dead animals seem to have a life of their own as millions of maggots swarm over the carcasses.

Two bandana-masked men begin operating Bobcat mini-dozers, loading the 'raw heated animal carcasses' into a 10-foot-deep stainless steel pit. They are undocumented workers from Mexico, doing a dirty, unclean job. A giant auger-grinder at the bottom of the pit begins to turn.

Popping bones and squeezing flesh are sounds from a nightmare you will never forget. Rendering is the process of cooking raw animal material to remove the moisture and fat. The rendering plant works like a giant kitchen. The cooker, or 'chef,' blends the raw product in order to maintain a certain ratio between the carcasses of pets, livestock, poultry waste and supermarket rejects."

Once the mass is cut into small pieces, it is transported to another auger for fine shredding. It is then cooked at 280-degrees for one hour. The continuous batch cooking process goes on non-stop for 24 hours a day, seven days a week, as meat is melted away from bones in the hot soup. During this cooking process, the soup produces a fat of yellow grease or 'tallow' that rises to the top and is skimmed off. The cooked meat and bone are sent to a hammer mill press, which squeezes out the remaining moisture and pulverizes the product into a gritty powder. Shaker screens sift out excess hair, pet and animal tags and large bone chips. Once the batch is finished, what is left is yellow grease, meal and bone meal.

As the American Journal of Veterinary Research explains, this recycled meat and bone meal is used as a source of protein and other nutrients in the diets of poultry, cattle, swine and in pet foods. Animal fat is also used in animal feeds as an energy source. Every day, hundreds of rendering plants in Mexico and across the United States truck millions of tons of this 'contaminated food enhancer' to poultry ranches, cattle feed lots, dairy and hog farms, fish-feed plants and pet-food manufacturers where it is mixed with other ingredients to feed the billions of animals that WE will eventually eat.

Because animals are frequently shoved into the pit with flea collars still attached, organophosphate-containing insecticides get into the mix as well. Pharmaceuticals leak from antibiotics

in livestock, and euthanasia drugs given to pets are also included. Heavy metals accumulated from a variety of sources: pet ID tags, surgical pins, and needles and plastic all wind up going into the pit.

Unsold supermarket meats, chicken and fish arrive in Styrofoam trays and shrink-wrap. No one has time for the tedious chore of unwrapping thousands of spoiled-rejected meat packs. More plastic is added to the pits with the arrival of cattle ID tags, plastic insecticide patches and the green plastic body-bags containing pets from veterinarians. The dead animals are accompanied by a whole menu of unwanted ingredients. Pesticides, insecticides, hormones, steroids and other toxic compounds enter the rendering process via poisoned livestock and fish oil laced with bootleg DDT and other organophosphates that have accumulated in the bodies of West Coast mackerel and tuna.

Rendering plants perform one of the most valuable functions on Earth: they recycle used animals. Without rendering, our cities would run the risk of becoming filled with diseased and rotting carcasses. Fatal viruses, parasites and bacteria would spread uncontrolled through the population. Death is the number one commodity in a business where the demand for feed ingredients far exceeds the supply of raw product. But this elaborate system of food production through waste management has evolved into a recycling nightmare. Rendering plants are unavoidably processing toxic waste."

End of Article

CHAPTER TEN

The Sports Connection

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"Although I have always known
That at last I would take this road,
Yesterday, I did not know
It would be today."

Japanese Poem
Translated by Kenneth Rexroth

The Power of Unlimited Mind

10

The body is made for movement. When people primarily lived on farmlands and in the countryside, it was unnecessary to exercise because movement through daily living was sufficient. Moving the body is the most natural and healthy way to live. In times past, the daily act of living included stretching, pulling, pushing, walking, turning, stooping, kneeling, standing and other movements. The autonomic nervous system requires no deliberate thought or action and yet it, too, uses energy.

When it was perceived by the Native American medicine men and women that their time to leave this realm had come, they went into the wilderness. Someone would tie their hands up in the air and leave them to sit without moving, not even a batting an eyelash. In twenty-four hours, they perished. Movement is life. Keep moving!

Exercise in gymnasiums is an unnatural way for the body to experience movement. When we lived out in nature, our bodies naturally performed the movement that kept them strong and healthy. Today, we live primarily in cities, whereas just fifty years ago, over half of the population lived on farms or in rural areas without modern 'conveniences' such as cars, pre-cooked and fast foods, automatic appliances and all the things that replaced the need for manual labor.

In the area of sports, this is evident as we see more and more players who work out in gyms achieve what was once done naturally. One drawback from using the gym and weights is how the body builds itself. Using natural methods builds the body horizontally, much like stacking bricks. The muscle is built layer upon layer. Using weights restricts movement and builds the body by creating micro tares in the tissues that fill with water giving the appearance of hard, large muscles when in actuality, it is just water filling the tissue spaces.

When a person avoids visiting the gym for a few months, he starts to loose false muscle mass. A naturally-built body holds its integrity indefinitely. Even in weight gain, if the person looses the excess weight, the muscle mass remains just as it was before, without any extra effort to rebuild it.

I have seen this with older professional athletes, repeatedly. A superior body with flexibility, speed, endurance and integrity are traits of the natural-built body. This was fascinating for me to watch in the athletes that I treated.

American youth and adults are suffering obesity, depression and despair because of the lack of oxygen being supplied to the brain by lack of movement. In the early 1950s there was a mandate requiring everyone learn to read, write and do mathematics and regulated forms of physical fitness activity which was measured by a national standard.

When education was deregulated in the mid-1970s, a decline in the literacy rate as well as a decline in the physical, mental and emotional health of the students began. Recent studies report the youth of today are behind in development by ten years and more. This crosses ethnic and socio-economic lines.

We now have an astonishing illiteracy rate of over 30%, and the number is climbing. The average public high school graduate has a reading ability of only third grade. Those fortunate enough to play sports can manage to enter a college where they are often given courses such as criminal justice because they are easy to pass.

Others who are unable to attend college are left to fend for themselves, often by any means necessary. This is a grave situation because a large and perhaps permanent underclass is being created. We are looking at young adults seriously

unprepared for parenthood and not even prepared for keeping themselves healthy. This is one reason I created the character, 'Lymphy'. You'll read his story in Chapter Four. The pictures are self-explanatory, even without reading the text. This makes it understandable to anyone and wonderful for young children as well.

There is no place in the world like America. All 270-plus nationalities of the human race are represented here. The best of all human accomplishments are found here. Sports are important because everyone can participate in them and develop skills that benefit themselves, their community and the world.

The Doctor with X-Ray Eyes

I have had the good fortune to meet and work with some of the most incredibly gifted people of our time. One such person was Dr. Michael Akopance, a Russian doctor of great renown. Dr. Michael, as he was affectionately called, was the physician to the Heads of State of Russia from Khrushchev to Gorbachev. He was unlimited in mind and stature and was an Olympic Gold Medalist in weight lifting winning every medal in that category worldwide. He was the head trainer of Russian Olympic athletes and was also distinguished as the leading trainer of Russian Cosmonauts.

Dr. Michael graduated from the Moscow University in Bio-Energetics and Metaphysics. He was the greatest doctor of bio-energy Russia ever produced. In Russia, unlike most countries, students were trained in areas where they showed the greatest talent. They were only required to study the basics and were encouraged to concentrate on their primary area of interest. I am not sure this is still the situation today in Russia.

I met Dr. Michael in Los Angeles in 1999 during a meeting with one of my friends. We arrived at his place in the Russian part of town. When we entered his room, it was rather dark. An interpreter was there to assist Dr. Michael because he had just arrived from Russia to visit his daughter and spoke no English.

Dr. Michael greeted us and asked my friend to be seated on a stool in the middle of his darkened room. Initially, he walked around her, viewing her from various angles; then he turned on the lights and walked over to two charts hanging on the wall. He proceeded to point out the areas where he saw problems in my friend's body.

Dr. Michael's interpreter told us what he was saying and directed my friend to lie down. He started his treatment by projecting energy through his hands into her body, focusing on the troubled areas. Then he invited her to stand up. The interpreter explained that Dr. Michael has X-ray eyes and could see into the body and correct any problems that were present.

He instructed my friend in breathing exercises and told her to do them for a week and return. I was fascinated and asked Dr. Michael questions about his healing techniques. He said simply that everything can be seen with the inner eye when trained and that the breath is the key to healing.

He beckoned me to the stool and began to study me as well. Apparently, he found problems in my abdomen of which I was unaware. Dr. Michael corrected them with ease and grace. I was amazed, yet deeply grateful, as we bid him farewell.

I left Dr. Michael's office absolutely fascinated, excited and intrigued. My mind was going so fast that when I arrived home. I realized I had met a phenomenon in Dr. Michael. I began thinking of how I could present him to my clients whom I knew would greatly appreciate his extraordinary gifts.

I went to see Dr. Michael several times and to my delight, he learned to speak English. The interpreter was still needed for key expressions. I informed my clients about this awesome man and they all wanted to meet and be treated by him. He came to my office in Del Mar, California, in May 1999 to see many people. Remarkable results occurred and everyone appeared to be ecstatic.

During the next five months Dr. Michael came to the San Diego area two to three times a week. I learned so much from him during his short stay with us. He helped to transform my own healing practice because of his knowledge and understanding of breathing techniques. He loved working with athletes because they followed instructions implicitly.

The Power of Breath

Making some surprising observations about American athletes, Dr. Michael declared that although they looked very good on the outside, they were actually sick, on the inside and would not last very long in their chosen sport, because they were never taught to breathe correctly.

This was big news among all the athletes he treated, especially the professionals. Harland Savare, who is a former NFL player and coach of two NFL teams - the Rams and Chargers - conducted a special training camp for pros and weekend jocks

on Saturdays throughout the year, making it possible for many sports men and women to be trained year round.
Harland brought Dr. Michael to the camp where there were pro footballers, soccer players, basketball players, golfers and other athletes. Most of these men were under 25 years old. Dr. Michael went into the warm-up room and put 300 pounds on a bar bell. He beckoned to one of the players to lift it. All eyes were on both of them.

The young man tried to lift the bar bell and he failed. Considering his physical composition and size, it seemed he could surely accomplish the feat. Dr. Michael, 72 years old and relatively short, went over and lifted the bar over his head with ease, then gracefully set it back down to the floor.

Dr. Michael then spoke to the group about the importance of breathing correctly and that the strength of the body is more than size alone. **It is the breath that contains the power of physical strength.** Dr. Michael had another athlete come over to the bar bell. One after another, they all failed to lift it.

More weight was put on the bar and one young man was invited to give it a try. This time Dr. Michael corrected his posture and coached him how to breathe properly. To the athlete's surprise and joy, he lifted over 300 pounds with ease. As each one tried again, using the breathing techniques just taught to them, they all successfully lifted the bar bell.

This was a most significant demonstration because these athletes for the first time in their lives began to understand the importance of focused breathing and the use of oxygen. The intake of oxygen is directly related to the Lymphatic System, the oxygen delivery system to the cells. The posture either facilitates or hinders oxygen circulation and its availability to

all cells, including to the control panel of the body, the brain. This is why Dr. Michael corrected the posture of the athletes.

The camp director, Harland, was delighted as the importance of structural alignment, a subject dear to his heart, was amply demonstrated. Harland's mantra was always 'Alignment, Alignment, Alignment' which became evident to the athletes who had the privilege of receiving Dr. Michael's wisdom. However, where the general public is concerned, structural alignment is unaddressed and is unpublished in the mainstream media.

It is essential that a structural alignment program be a part of every person's health maintenance regimen, regardless of age or state of health. Yoga, stretching, and movement arts such as dance are excellent for naturally aligning the bone structure, as well.

The Max Program

Harland Savare has created a system called *The Max Program* which he developed with his expertise and knowledge of structural realignment. It is a training course designed to be set up indoors or outdoors to significantly improve endurance, speed, flexibility and athleticism.

Many pro-athletes are having *The Max Program* installed at their homes so they and their children can continue to keep fit and stay in alignment. Harland has been on a campaign to enroll colleges and universities to teach *The Max Program*, both to assist individuals with their personal health and also for people who have a more profound insight into the future of athletics.

The importance of this course for beginning athletes in any sport has been tested by Torrey Pines High School in San Diego. The High School used *The Max Program* for eleven years and went from winning 47 per cent of their football games in 1994 to 98 per cent of their football games from 1998 to the present time.

When the school's team won over the famed Los Angeles High School team in 2002, it was considered a major upset. The athletes of Torrey Pines High had never before played a strong school like L.A. High with its' naturally-bred athletes. This contest demonstrated that training and knowledge are the determining factors in sports contests, leveling the playing field.

Some athletes already possess talent which was passed on to them through genetics (parents) as with the Los Angeles High School football team. The Torrey Pines athletes created new genetics with proper training and practicing their sport. They continued to build their genetic banks, containing their 'performance gold', which they will pass on to their progeny, the athletes of tomorrow. What we develop and master in this lifetime becomes imprinted on our DNA and is passed on to future generations in our family line.

'Talent' is the ability we either bring in easily from our pre-existing genetic banks (parents) or we create new talents for our now and future genetic banks with our focus and intention. For example: Mozart played the piano with talent from his parents' DNA/genetic banks. It was easy.

Since my genetic bank is 'empty' of talent for playing the piano, I must study this new talent with focused thought to achieve what came naturally to Mozart. The athletes from Torrey Pines took ten years of focused development to bring

them to the best of their ability. This allowed them to match and surpass the LA team that year.

This performance legacy, combining structural alignment along with proper breathing techniques, dramatically oxygenates the brain and body. This program applies to any field of human endeavor, as well as to sports.

The development of talent occurs within individuals of any generation. For example, people have natural talents in every area of art. These talents are passed on by genetics. People who have fewer natural talents can still develop themselves to their highest potential. Continual learning and developing in the arts, sciences or sports ultimately gives succeeding generations considerable advancements in human cultural evolution.

If you are an athlete or have children who aspire to be athletes or even scientists or artists, please be aware that structural problems may eventually cause permanent injuries. When the limbs and body are moved while out of alignment, severe injuries could develop as their function eventually breaks down.

In the past, public schools required all students to pass physical fitness tests whether or not they played sports. The health condition of athletes today is deplorable as they know very little about taking care of themselves. They rely too much on others for health information and for their care.

Until the mid-1980s, athletes were trained by coaches who were once themselves athletes. The players looked after each other in training and on the playing field. They knew how to care for and adjust themselves and one another and also learned how to take care of their own bodies after the game.

Nothing Is Wrong Unless You Think It Is

In 1994, while in Florida I met a Native American Master; Quipeijije is his name. He was touring America teaching selected, younger Native Americans how to be medicine men. He said Great Spirit summoned him to teach because so many tribes had lost their medicine men.

I was in Hawaii when Quipeijije and I met again. This meeting was facilitated by a Hawaiian Kahuna named Nahi Guzman. Nahi, is a beautiful women who is proud of her heritage. She understood that the different faces of Divinity constitute a window through which our heritage gives color to the life experience.

Guipeijije said "Nothing is wrong unless you think it is." This was his answer to all questions asked of him that alluded to any thought of being wrong. The Masters all have their way of saying "Life is as it should be", given the opportunities one chooses to experience. All is perfectly in order by *choice.* If we are unhappy with life as it is, we can choose to change it. As humans, we have this right and ability at all times. This is a profound truth. It is saying "**What we think, IS**." This is what the Quantum scientists of today tell us.

I am introducing you to Quipeijije because he was one of the Masters I met along my way who has added to my understanding of how our thoughts are the creative force of life. Coming to this understanding, I realize that studying the Lymphatic System has been a journey of Self, guided by the wisdom of past and present Masters.

In scientific terms our body is called an Open Dissipative System. This means our bodies are multi-dimensional energy processors. The body is able to take in energy from all dimensions, read and adjust our systems to the conditions of life. This is based on both the harmonious and inharmonious information contained in the energy received, in the form of sight, sound, taste, feeling and those energies unnoticed by the senses.

Information coming in that causes confusion or chaos is dissipated or thrown out of the body. The process of dissipation is what keeps us healthy and is facilitated by the Lymphatic System.

Therefore, when you endeavor to say something is wrong, understand that nothing is ever wrong. **It is your thinking that makes it right or wrong.** The individual gives meaning to all the experiences in their life. Life itself is impersonal.

The Greatest Lymph Story Never Told

Wilma Glodean Rudolph, one of 22 children, was born on June 23, 1940, in Clarksville, Tennessee, the daughter of Ed and Blanche Rudolph. It was discovered that Wilma had polio as a toddler. Since she was African-American, Wilma was refused the same medical attention as white people. Her mother took her to a hospital specifically for blacks or people of non-white skin color. Twice a week little Wilma was taken for therapy but most of the time her mother attended to her at home because the hospital care was too expensive. Each day as she massaged her legs, her mother told her she would one day walk without braces.

At twelve years old, Wilma realized her dream by walking and running through the pain of polio to be triumphant in 1952. Her hard work paid off. The countless hours of painful movement and determination were rewarded by her recreating a healthy body.

Wilma Rudolph literally ran herself out of polio. Every physical movement pulled toxins and poisons out of her cellular environment via the Lymphatic System. Oxygen was pumped into the cellular environment creating new healthy cells. Slowly, the deed was done as the entire body cleared of all dis-ease and blockage. In her heart, Wilma knew she could walk and run. She kept this always in her mind, day and night, dreaming and seeing herself walking and running, all reinforced by her loving mother, Blanche, every day.

Wilma had a great desire to follow her sister and excel in basketball at Burt High School. She did make the team and was spotted by track and field coach Edward S. Temple from Tennessee State who saw in Wilma a natural athlete. Wilma, at age fifteen, led her team in scoring and into the State championships. At 16 she became a member of the American Olympic Team for the 1956 Melbourne Olympic Games and brought home a Bronze medal for the 4x100 meter relay.

At the Olympic Summer Games in 1960 Wilma won three titles for the 100 meter, 200 meter and the 4x100 meter relay. She set records of 11 seconds flat for the 100 meter and a new record of 23.2 in the 200 meter relay. With teammates from Tennessee State, Martha Hudson, Lucinda Williams and Barbara Jones, set a record for the 4x100 of 44.5 seconds winning the Gold Medal. Jesse Owen was Wilma's primary inspiration and it was her greatest honor to be triumphant in the Olympics where Jesse Owen was the globally-celebrated Star

of the Games in 1936 in Berlin, Germany, the time of Hitler's superiority challenge to the world.

Wilma won the title of *The Fastest Woman in History* after her extraordinary wins in 1960 and retired from track after winning two races in the U.S./Soviet Games.

In 1963 Wilma returned to Tennessee State on full scholarship and become a teacher at Cobb Elementary, while coaching track at Cobb High school, commentating on national television and getting married to her childhood sweetheart.

Her accomplishments include: The Wilma Rudolph Foundation to help young athletes. She lit the flame for the Pan American games in 1987. She Received the Jackie Robinson award in 1989 the same year Pulitzer Prize-winning Photographer Brian Lanker published ***I Dream of a World: Portraits of Black Women Who Changed America*** and included Wilma along with Rosa Parks, Lena Horne, Sarah Vaughan, Corretta Scott King and Oprah Winfrey. U.S. Route 79 in Clarksville became Wilma Rudolph Boulevard.

The Women's Sports Foundation created The Wilma Rudolph Courage Award for a female athlete who overcame adversity and strove for success in all areas. A bronze hand-carved statue stands at Cumberland River Walk South at the Pedestrian Overpass. In the year 2000 *Sports Illustrated* listed Wilma No. 1 of the top fifty athletes of the twentieth century. Finally, in 2004, the Wilma Rudolph Postage Stamp was issued in recognition of her life and accomplishments to the world.

Wilma left us on November 12, 1994, with brain and throat cancer shortly after her mother passed on. She left four children, a husband and a world that celebrated her life and

mourned her leaving. This incredible being, Wilma Rudolph, went from Polio to Magnifico, running all disease out and renewing her entire body; she truly is the Greatest Lymph Story now told.

Running Into Unlimited Mind

In my quest to expand my unlimited potential in 1999, I decided to train for the 2000 Olympics. I was inspired to train for sprinting and I put my heart completely into it. My husband and others thought I was out of my mind. I imagined it was true. However, I was aware of living in Unlimited Mind. At the time Harland Savare, my friend and a former NFL coach, just said to me "Okay, since you are so passionate about this, I will help you."

When I made this decision, there were ten months left before the qualifying trials. The only running I had ever done before was jogging. I had to learn how to run and train for speed, to prepare for competition. I looked like a lumbering dinosaur when I started. Harland taped my very first day and I certainly looked like anything but an Olympic athlete. However, I was inspired to continue and I knew I could do it, regardless of my starting point.

I remember telling my friend, Tony Robbins, what I was doing. Tony was most encouraging and told me to keep him informed of my progress. He knew I was serious and enthusiastic about my decision to run. After all, he taught about breaking boundaries of limitation, a major concept of his core teachings.

I followed Harland's *Max Program* that he uses to get professional athletes in playing shape for their games. At the same time I decided to see a Sports Psychologist, Kay Talley,

who is one of the best in the field. Kay immediately began Emotional Freedom Techniques (EFT), to remove fears and prepare my mind for unlimited thinking to command my body. I was also introduced to Dr. Terri Mahaney, a pioneer in the mind-mapping field who was widely sought after by corporate and military executives. I then consulted with Dr. Earl Cummings, a Renaissance man and Chiropractor, opera singer, martial artist, pilot, athlete, linguist, teacher and healer extraordinaire.

After three months into the program, Harland announced we required a speed coach and he immediately found one. His name was Dale and he trained professional athletes for all sports in speed. I had to run for him but I was somewhat fearful. Doubts crept into my mind concerning my ability to run. Finally, I said to myself, either I can or cannot run. Now is the time to find out the truth.

There were other athletes auditioning that day and I opted for the afternoon time slot. Actually I was afraid to do it. Before my audition time, I walked out onto the track to warm up. Dale called "audition time." I lined up and he said GO. I ran as fast as I could and that was that.

After the run, I was summoned to the side of the track and Dale said, "You definitely have talent, but you don't know how to run. If you are willing to learn to run for competition, I'll train you." I was delighted that at least I had talent for running. Seven months remained before the trials began. I had training sessions with Dale three times a week. Other days I had running assignments on the track and with kites on the beach, as well.

Every night I gave myself a lymphatic treatment to remove any lactic acid built up while running, and anything else that

impaired the flow of oxygen. I maintained a vegetarian, high protein diet and was in bed early every night. My dedication even inspired my husband, a former NFL legend, Duane Thomas, to finally come around and give me tips on running.

After all, he was an all-American track and football star in high school and at West Texas State where he was drafted No.1 for the Dallas Cowboys. He is enshrined in the Super Bowl Hall of Fame and honored as Rookie of the Year. I, in turn, was greatly honored to have my life partner's personal assistance. My approach was totally unorthodox, something of which he was certainly familiar.

I completed all of the exercises from the new therapies I was coached to use and, when I ran into an emotional block, I went to see Kay Talley. During each session she helped me clear my mental blockages, results of which immediately showed on the track.

I Flew Down the Road

Three months before the trials, I was running on a road near my home which was located in a rural farm area. As I started to run, an energy charge shot through me like a lightning bolt. It was an electrifying feeling that hit the bottom of my spine. I seemingly flew down the road effortlessly with a miraculous power I had never known before! It was as if a force was pulling me forward.

I was so exhilarated that I ran all day without becoming fatigued. I was all energy and then, the realization hit me: I have reached unlimited potential and a new level of athletic power. I experienced such joy and gratitude that I thanked God for my Being, new capabilities and renewed energy for

showing me the way to unlimited power within me through running. I was floating on air.

Dale and I had a session the next afternoon. I continued to remain in this super-charged energy state that was increasing moment by moment. I warmed up. Dale gave the signal and I flew down the track like a rocket. I was unaware of anything else. I felt as though I was flying in an energy vortex and it transported me to the end of the track effortlessly. At the end of the run, Dale ran over to me and lifted me up, shouting, "You did it! You have a real chance! You have a real chance! Girl, you can fly."

I was ecstatic because I had accomplished the seemingly impossible. My husband, Duane, arrived after practice. Dale told him I was fast enough for the trials. Duane was totally surprised because he really thought I needed more time to train to reach this running level.

I was unsure which event I would qualify for so I trained in the 100, 200 and 400 meter races. Dale clocked me for the 100 meter race at 11.2 seconds which is considered a qualifying time. I was running fast enough. With two and a half months to go, we knew we could beat that time.

In training for these events I had to run long and hard. Then one afternoon, I was flying down the track and a pain hit me in the abdomen and almost stopped me mid-air like a cartoon. My lower abdomen was convulsing. Shocked and saddened, Dale sent me home and told me to rest. Next morning, I started to practice and was fine until the third run. Then, the same convulsions happened again.

I immediately thought it must be scar tissue from an ectopic surgery procedure I had ten years earlier. I had worked on

eliminating the scar tissue with BELD treatments before the idea of running came to my mind. I thought the scar tissue was completely gone. After assuring Dale I would continue to treat myself, it took a whole month to remove the remaining scar tissue; plus, I was banned from doing any exercises that involved running during that time.
When I got back on the track, my strength weakened and I lost a lot of training time. With only a little over a month and a half to qualify, Dale told me we had too little time. I felt very upset and experienced a state of emotion I had never known before: mind/body depression. While talking with Kay, I understood that **depression is caused by a lack of creative expression.**

Reaching and Living Magnificence

Whatever the expression is, we are here to declare the Magnificence of our Essence, which is living life to the fullest. All activity requiring a new expression sets in motion a fresh creative awareness, the realization of our Essence, which puts us into a state of joy, guiding us to manifest our unlimited potential so we can accomplish our visions and dreams.

Inspiration is courage and trust in action. This is the stuff of genius and greatness. All people have this unlimited potential within them. It is up to everyone to discover his or her own abilities and spring them into life.

I called forth the Divine Unlimited Potential within me to accomplish my goal. Even though I missed going to the Olympic trials, I did reach my qualifying time through daily perseverance and absolute belief in myself. I was given several gifts: I reached qualifying time, I learned how to remove deep scar tissue through Bio-Electric Lymphatic Drainage treatments, and most of all, I discovered my

unlimited potential to accomplish what seemed impossible. This is the signature of Magnificence, which we all have within us.

CHAPTER ELEVEN

Meeting the New Paradigm

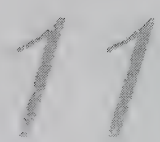
The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"The successive transition from one paradigm to another via revolution is the usual developmental pattern of mature science."

The Structure of Scientific Revolutions

Thomas Kuhn

Thinking Outside the Box



Dr. C. Samuel West created the first and only school for the comprehensive study of the Lymphatic System in the United States of America. I attended this school and was certified as a Lymphologist. I learned clinical laser therapy with French and German doctors from an organization called Lymphtech International. This company is no longer in existence because the general public was completely unaware of the Lymphatic System or the significance of this technology.

Creating the BELD™ System

The results of my experience with cancer and my encounters with many wonderful masters of natural and energy medicine along with my quantum breakthroughs provided the catalyst to create……

Bio-Photonic Energy Lymphatic Detoxification

This detoxification system is a fusion of Lymphology, clinical laser therapy, plus sound and light healing, known in India as Surat Shabd Yoga.

As a Doctoral graduate of the University of Metaphysics, I was already aware of Quantum science from the study of Meta physics. I came to the awareness that these two sciences are similar and parallel with only language and time separating them.

The B.E.L.D.™ (Bio-Photonic Energy Lymphatic Detoxification) System took five years to develop. Through deep study and extensive clinical experience, I acquired knowledge, both empirical and intuitive, of all aspects of the Lymphatic System. Thus, a new paradigm in health care was born.

The BELD™ System

The early technology used for Lymphatic Detoxification was Particle Beam Generators, also known as Cold Lasers, which used noble gases to create charged photons (light) for treatment. The contemporary equipment we currently use is derived from NASA-created LED (Light Emitting Diodes) technology initiated in the 1950s.

There are no gas components contained in this new technology and only the full spectrum of light is used for treatments. The BELD™ current technology creates immediate results, causing a profound sense of well-being, pain relief and emotional release. LED technology is also widely used in combat zones for pain and inflammation relief.

The BELD™ technology spans the total light spectrum. The 'Love Light' instrument is made exclusively according to BELD™ proprietary protocols and specifications. It must be administered by trained and Certified BELD Lymphologists.

Journey of a Lifetime

From 1990 to 1991 during the first two years of my practice, I mastered the Lymphtech System. This system was initially used for cosmetic purposes; we could provide what plastic surgeons offer, without surgery, using the Lymphtech cold laser system. This system was developed based upon Quantum physics. Practitioners were able to enlarge or reduce breasts and rejuvenate facial tissue with the use of this technology that was developed in Europe.

This revolutionary technology was considered well ahead of its time. I was the candidate chosen to perform these services due to my knowledge of cellular detoxification which I attained during my healing process from cancer earlier in my life. This qualified me to become a Lymphatic Systems Specialist with comprehensive knowledge of cellular detoxification and regeneration.

During this time, I became keenly aware of the role that the Lymphatic System plays in diseases of every kind. My professional interests shifted from cosmetics to health and healing. I learned to use this innovative leading-edge technology to achieve spectacular results.

My first cold laser treatment technology was designed according to my specifications. A small company in the USA was solicited to manufacture it. We went through five different prototypes of cold laser particle beam generator type technology until we achieved satisfactory results. In March 1996, after years of research and development, including my work in Oahu, Hawaii, the BELD™ system was completed, fully operational and ready for mass public use.

Manual lymphatic drainage therapy is already a recognized medical procedure. However, Bio-Photonic Energy Lymphatic Detoxification **(BELD™) is a whole new paradigm in health care because the protein blockages in the Lymphatic System can now, be removed.** These blockages are the cause of edema, pain and death at the cellular level, which is easily released with this new technology.

The Stranger on the Beach

One morning at 5:00 a.m., I was pacing up and down the beach pondering my mission. I was frightened because of the enormity of my vision and concerned about the challenge of bringing it forth. I considered stopping my work altogether and was in a state of confusion and fear when a man walked over to me and said "I have been watching you pace up and down the sands for an hour. Now. You can ask me three questions." I responded "Really?" He nodded affirmatively.

I asked him questions about my work and my mission. He answered my questions and also gave me an overview of the full vision. I was so grateful, I said: "Let me do something for you." He responded "For me?" His tone was incredulous. I responded "Yes." He said, humoring me "OK. What would you like to do?" I responded "Let me give you a treatment. We only have to go across the street to my clinic."

He walked me across the street and into the treatment room. As I was treating him, he looked at me and asked: "Do you know why we were given free will?" I replied "No, but I would like to know that." His response was "So we can learn that until we are perfectly 'at one' with God within us, we can't handle free will, so we give it back." Let go and let God. The next time you feel overwhelmed, simply give it back to Source and let it go. Your job is only to be the vessel and do the work, nothing else!" I said "Can I share that with other people" and he said "Please do." Although I never saw the man again, his wisdom lives on as the BELD™ System fulfills its mission.

Dr. V. G. Clark-Wismer (1911-1997)

In early 1994, I moved to an office with Dr. Clark-Wismer who was a pioneer in Orthomolecular medicine. She had special tables for structural alignment which are no longer available. Dr. Wismer, at 85, enjoyed a full medical practice and was in good health herself. After a few months working with some of her patients, she presented me with the latest research on laser therapy from Germany by Kurt and Rose. I read the research and found much of my own work had exceeded the work done by these two pioneers.

I realized the new methods and technology I developed were a greater innovation than the work done in Germany. This was Dr. Clark's way of letting me know I had embarked upon a new paradigm in the field of Bio-Health and Technology.

Since that time, I have presented what came to be the BELD™ System in lectures throughout the United States, in universities and colleges, health expos and private forums. One of the highlights for me was demonstrating my work for Tony Robbins' Platinum Partners in 2001 and 2002. I both lectured and treated the Partners for a week. These were men and women from all over the world who were millionaires and successful business people. The events were called Health Weeks and the practitioners were the top people in every field of holistic and natural medicine.

The 2002 event was a special highlight experience when I was videotaped along with Deepak Chopra, Carolyn Myss and many other prominent professionals in the field of natural health care. This occasion was a milestone in my career. The response was deeply profound and life-changing for everyone.

BELD™ Treatment and the Love Light

Until BELD, it has been difficult to successfully address trapped proteins in the cellular terrain. We now have the understanding and the technology to accomplish cellular lymphatic detoxification. **This is an innovation, a new paradigm in lymphatic drainage and universal health care.**

Lymphatic fluid cannot be released easily when blocked because it is located in the spaces between the cells of the tissues and held there by trapped proteins. The proteins must be removed to release all of the water accumulated in order to allow oxygen to flow into the cellular environment. When this happens the debris that has accumulated can be drained out by the lymphatic capillaries. Manual lymphatic drainage will primarily release surface lymph and reduce some of the water. Only when the trapped proteins are broken up by **Bio-Photonic Energy Lymphatic Detoxification** can the cellular terrain be completely drained and health / homeostasis restored.

The negatively-charged photons in the Love Light reach the cellular environment where proteins are trapped. When the LED light makes contact with the trapped proteins in the cellular terrain, the proteins break apart through a process called dissociation. In a magnetic field, like repels like.

Since the Lymphatic System is electromagnetic, this process re-establishes the flow of oxygen and lymph, re-creating homeostasis, a healthy balanced state. All substances in the body that are not organically part of the flesh such as toxins, chemicals and parasites, carry a negative charge.

Chemicals that are other than the natural food chain, such as pesticides, hormones or drugs, are unable to be processed by the body. T-cells, the fighter cells, endeavor to remove these

substances. When they are unable to accomplish this, they emit a signal to the whole Lymphatic System to surround the offending substances with mucus first, then with water in an effort to keep them from negatively affecting the surrounding cells or from migrating to other places in the body to do more damage.

Bio-Photonic Energy Lymphatic Detoxification, A New Paradigm in Health Care, as a name and trademark was born in San Diego in 1996. BELD™ is a new standard in cellular cleansing which supports the natural cleansing abilities of the Lymphatic System. The BELD™ treatment is non-invasive, pleasant and relaxing. Under development now is a system for home use by the general public.

CHAPTER TWELVE

Cleansing the Lymphatic System

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"Cleansing the body, our Holy Temple, helps us enjoy life more. Not caring makes us realize Time was never our friend. Time is so unkind. Time will fly."

Anonymous

The Cleansing Waters of Life

The importance of water is obvious, considering 90 percent of our body is water at birth and this number decreases with age. Blood is comprised of 90 percent lymph fluid and 10 percent Hemoglobin. Water also facilitates the cleansing process by helping to break down waste products and move them out of the body.

As we have explained before, the dry state is a state of health, with just enough water in the cellular terrain to separate the cells from one another. This creates a tight, firm structure in which the electrical signals generated from each cell operate unimpaired. Signals from the brain travel instantaneously, telling the cells how to co-operate with each other, moment by moment.

All of these messengers from the brain are forms of proteins and all of these communications are connected by the Lymphatic System. The science of water is a global environmental issue since nearly all the water in the world has become polluted.

Dr. Patrick Flanagan created what he called 'Clustered Water'. These water crystals carry an energy frequency that enhances the life of the cells. When water is unpolluted, the crystals are perfect and fully energized. When water is polluted by environmental elements, the water crystals become broken or shattered. This water is unhealthy for the cells. The cells die in polluted water.

Dr. Masaru Emoto, a world-renowned hydrologist, wrote a book entitled ***Messages in Water*** in which he shows the effects of human thoughts and words upon water. He took damaged water and said to it "I love you". The water turned into perfect

crystals, just by speaking these words. Pictures of this phenomenon are illustrated in his book. He chose water from various places in the world.

Is All Water Equal?

Water is water.... at least this is what most people think, until they know more about this life-sustaining substance. Pure water is only one element in maintaining health; oxygen is the other. These two elements combined together (H_2O) are essential for *all* life. Water companies marketing bottled water are generally unregulated...a very serious matter. Consider adopting Dr. Emoto's idea of affixing phrases such as "I Love You" to the bottle. Although other purification methods are often required, it is demonstrated this intention benefits any water.

The many types of water:

RAW WATER

Raw water can be hard, such as lime water, or soft, like rain water. Every drop is populated with unknown numbers of viruses and bacteria along with particles of dissolved minerals, industrial wastes and other carbon compounds. This is the water that washes out to sea from our rivers. Government research has proven that raw sewage and chemicals dumped into our rivers cause cancer and other debilitating diseases.

HARD WATER

Hard water is saturated with inorganic metals and chemicals including chlorides, magnesium, sodium, copper, iron, calcium, silicon, nitrates and lime salts, along with viruses and

bacteria. Most water from wells and public water systems are considered hard water. Any water that runs through the ground is hard to a certain degree. Only organic minerals are useable and processed by the human body.

NATURAL WATER

Rain and snow comprise natural water. Natural soft water is distilled by the sun and contains no minerals, harmful organisms, germs, metals or chemicals. However, when naturally soft water falls through atmospheres containing pollutants, smoke, chemicals, dust, bacteria, acids, etc., it reaches the ground thoroughly contaminated. The same is true for ice and snow. Freezing cannot destroy bacteria. During the spring thaw the bacteria and other pollutants are released into rivers, streams and into the ground. Boil this water before drinking.

GLACIER WATER

Some bottling companies melt chunks of glaciers because the glaciers have not been exposed to the pollutants of our time; however, a word of caution. Bacteria and viruses live through the freezing process. So, unless glacial water is filtered to eliminate the bacteria, we should avoid drinking it. Be very cautious about drinking glacial water because some of the bacteria and viruses living inside are pre-historic. If purchased, boil the water for at least twenty minutes before consumption.

MUNICIPAL WATER

Municipal water is water delivered through the public pipe infrastructure from treatment plants to homes and businesses.

These plants use natural water or raw water which is processed with chemicals to prepare it for consumption. This is known as tap water and is saturated with chlorine and fluoride in an attempt to kill everything it may pick up as it travels through old pipes en-route to the tap. These two chemicals are carcinogenic or cancer-causing.

Some states have banned chlorine and fluoride from the public water supply. Municipal water should not be used for drinking, but rather for household use, such as cleaning, laundry and gardening. For bathing, it is advised to install filters to remove these harmful substances since we absorb many cups of tap water each time we bath or shower. (See Products Section.)

FILTERED WATER

Filtered water is popular, yet most people who use water filters believe the water becomes purified. There are no filters we can presently purchase that can take out all harmful substances or bacteria! The pores of the finest filters are too large to prevent nano-bacteria from passing through them. As bacteria sits at the bottom of the filter, new growth will occur unless the filter is used daily. Because water filters lose their effectiveness over time, based upon use, it is imperative to change the filters as directed.

MINERAL WATER

Mineral water is primarily hard water that comes from certain underground springs. Mineral springs are often known for their medicinal properties. The minerals from underground springs are less biologically acceptable to the body than organic minerals which come from fruits and vegetables.

Plants have the ability to take inorganic minerals and convert them into organic minerals during their growing process.

By including mineral water with natural fruits and vegetables in our diet, we can receive the organic minerals we need for optimum health. Too many inorganic minerals reduce the thirst-quenching ability of water. Inorganic minerals are responsible for the unpleasant, yet harmless, taste in water and also for salty or metallic tastes.

SPRING WATER

Water from underground springs is hard water, also called spring water. It may be bacteria-free because of the depth from which the water is drawn as with Artesian springs. However, spring water can be saturated with inorganic minerals such as lime, silicon, sodium, copper, calcium and magnesium. In some areas, water that soaks down through the ground can reach underground springs, resulting in contamination with herbicides and pesticides from farming as well as hormones, antibiotics and steroids from animal farms. Research the source of bottled spring water. The issues with mineral water are the same with spring water which means it needs to be boiled first before consumption if it is taken directly from a spring.

DISTILLED WATER

This water is nature's way of creating pure water by vaporization and condensation. Man creates this water by heating it to the boiling point, creating steam. The water is then cooled, creating condensation, before pouring into containers.

Distilled water is free of all contaminants and pollutants

including bacteria and viruses. The original source of the water is irrelevant when it comes to the distillation process because it ultimately comes out as pure water. This water is considered the best drinking water by the FDA. However, distilled water leeches minerals from the body. Therefore, it is advisable to add high quality liquid ionic minerals (see Products Section) or a large pinch of raw sea salt per gallon of distilled water before drinking it. Distilled water is excellent for Chelation Therapy. Chelation is the removal of *excess* minerals that are inorganic and organic.

DE-IONIZED WATER

Similar to distilled water, the de-ionization process removes inorganic minerals and other pollutants. This method can be expensive for the home. However, it is a good value because of the obvious health benefits. The purifying unit must be continually cleaned to keep the water free of bacteria which collects at the bottom of the unit, as with almost every filter.

REVERSE OSMOSIS WATER

This water purifier removes most, but not all, contaminants, viruses and bacteria. Its ability to remove sodium and certain other contaminants is being questioned. Reverse Osmosis is highly promoted by water softener companies. These companies add rock salt to the water to create the softening effect. Those on a low sodium diet (less the 500 mg. per day) should be advised that even a top-rated reverse osmosis system still has sodium in excess of the amounts recommended by the American Heart Association. Again, the RO purification systems require continual upkeep, and the addition of ionic minerals or sea salt is essential. As with distilled water, ionic minerals must be replenished. (See Products Section)

OXYGENIZED WATER

The term 'Oxygenized Water' was coined by Richard Barclay to set his water process apart from others, considering any bottled water can be technically called oxygenized or oxygenated. In his process of putting oxygen into water, he made sure his customers truly benefited from drinking his product. A double blind study was completed at George Washington University where oxygenized water was given to athletes at the American College of Sports Medicine.

Measurable improvement in performance and endurance was documented as a result of consuming this type of water by these athletes. The tests were done with water that had been bottled for over four weeks. Tests done by an independent lab on Barclays' water revealed higher oxygen content than any bottled water. The lab left the water sitting in an open container for a few days to bring down the oxygen content and was surprised to find it was still high. The water was boiled to bring the oxygen level down to normal.

Before this study, it was thought the oxygen content of water could not be increased enough to make a difference. This study proved the oxygen content could be increased. Ozone is a form of oxygen. Bubbling ozone through water is called Ozonation. Ozonation allows for companies to label their water 'oxygenated'. This reduces bacteria and other micro-organisms.

ELECTROLIZED WATER

Some water machines create alkaline water for drinking and health issues, plus acid water for skin problems and cleansing interior environments. When this acid water is used for cleansing, it leaves a thin layer of bacteria-killing ions which

keeps the environment disinfected. Kangen Water is an example of this kind of water. (See Products Section.)

The Importance of 'pH' in Water

The pH of water determines the alkalinity or acidity of water. When the pH is 8.5 to 9.5, it is considered alkaline water. This is medium to high in range. When the pH is below 7.5, it is considered acidic.

The oxygen content in the water determines the ability of the water to be absorbed by the cells. pH in the 8 – 8.5 range is enough to permeate the cells. Less than this, the cells are inadequately hydrated. This is the reason people can drink plenty of water and still be dehydrated.

Dr. Masaru Emoto's Book

Dr. Masaru Emoto's book, ***Messages in Water***, is currently a best seller. Dr. Emoto was a contributor in the 2004 documentary ***What the Bleep Do We Know***, which helps people understand more about Quantum physics. This film demonstrates that the world of the observer is the same as is realized in the Particle Wave Theory in Quantum science.

It is now considered a scientific truth that parallel universes do exist and are observable. All realities occur in the same time-space continuum, vibrating at different rates. It is understood that what we observe determines the waves of energy that collapse into congealed particles, which science calls Matter. To put this simply, nothing is solid until we look at it with an expectancy to see it. This should make it quite clear why awareness is the beginning of experiencing the unseen and unknown.

Water facilitates all life inside and outside of the body. It affects our health according to its purity. There are tribes such as the Hunzas who are known for their longevity. These people have been studied to find out why. It was determined that the water they drink is a major factor in their physical endurance. It is pure, full of life-force and highly alkaline due to the mineral quality of the Himalayan streams coursing through the Hunza Valley.

Since the Hunza people have been a focus in the media and tourist industry, many people have made the arduous journey to visit them and as a result of outside influences, the lives of the Hunzas, and the water itself, have radically changed for the worse.

The revelation of what happened to the Hunzas and their water proves Dr. Emoto's findings: thought and actions affect water inside and outside the body. Therefore, it is highly advisable to share this information and experiment yourself by saying out loud or placing a label on the bottle or glass of every liquid we drink that says "I love you." Although this does not replace filtration, it does transmit a good vibration.

All the water in the body is lymph. Therefore, the wonderful and joyful words we speak affect the entire body. Understanding that water is the conduit for all activity inside and outside the body, we must think positive thoughts and let go of negative thinking to remain healthy and happy. Now that we can see this at the cellular level, and how it affects the Lymphatic System, it is clear our thoughts contribute to the state of our health.....the Fountain of Youth is within us.

The fields of Meta physics and Quantum physics fully substantiate what I have experienced as a cancer survivor and discovered as a Bio-Electric Lymphatic Drainage (BELD™) pioneer. I started as a complete neophyte in the health arena, plagued with fears and doubts, yet guided by inspirations woven into this amazing healing tapestry. I give thanks I was able to emerge with a knowing and a system of cleansing that reintroduces ancient wisdom.

Importance of Cleansing the Intestinal Tract

The seat of the Lymphatic System is in the small intestines.
It is imperative to cleanse the Intestinal Tract because we have such an over-abundance of toxins, antibiotics and pesticides leaking into the water supplies and continually entering our bodies through food, air and negative thinking. These all join to create health problems and suffering for billions of people throughout the world.

When studying in Hawaii, I rediscovered ancient Egyptian wisdom related to the lymphatic process. I learned that oxygen taken orally was essential to facilitate the breakdown of putrefied waste products in the intestines.

The entire intestinal tract, starting at the small intestine and ending at the colon is lined with consecutive lymph nodes. These nodes must be cleansed or the toxins will continue to recycle in the system. The system must be oxygenated and clean, alkaline water must be given to the body for flushing.

Other factors to keep in mind while cleansing are:

- Changes in thinking
- Changes in dietary habits to nutrient-rich foods
- Clean water
- Correct movement and exercise
- Clean, uncluttered personal environment

It is best while cleansing to avoid meat, fish, eggs, dairy, white flour products, sugar and sugar substitutes, sodas and all diet drinks and foods which contain artificial sweeteners (Aspartame). They create diseases and are being removed during the cleansing process.

Symptoms and Conditions from Blockages

Be aware of symptoms as signs of blockages.
Toxins accumulate rapidly in an oxygen-deprived system. If you are having any of the symptoms listed below, know that you are experiencing the results of Lymphatic Blockage. Some results of blockages are:

- Lessened eyesight
- Energy loss / depression
- Morbid thoughts / feelings of hopelessness
- Sinus congestion/coughing
- Growths and tumors
- Allergies to smells and food
- Diarrhea / Constipation
- Skin rashes, psoriases
- Cancers - parasites, pathogens

Metal or chemical toxicity further compounds lymphatic congestion and blockages, leading to the following conditions:

- Fear
- Mental incoherence - mild to severe
- Nerve damage / memory loss
- Edema / swelling
- Pain in kidneys
- Pain in bones
- Heart palpitations - mild to severe
- Headaches - mild to severe
- Coldness, poor circulation
- Unquenchable thirst - a sign of poisoning
- Numbness in extremities (hands/feet)
- A metal taste in the mouth

We can name just about everything!

Cleansing the Large Intestine

1. BELD™ Treatments

Administering energy modalities became popular and proven to be most effective in assisting bowel cleansing. Fifteen years of BELD™ research has proven that by using the BELD™ protocol, the elimination process is accelerated three to five times faster.

2. Herbs and Agents Cleanse the Lymphatic System:

In the absence of BELD™ Treatments, the following cleansing herbs assist in moving dangerous waste products from the body. However, the protein blockages

in the Lymphatic System must still be addressed at some point to prevent major health issues and disease. BELD™ treatments are essential for people with serious illness and disease because the light penetrates into each cell and cleanses in a more profound manner.

- Essiac tea, Cantron liquid or tablets
- Aloe Vera capsules or liquid gel
- Bentonite clay, Castor Oil Packs
- Cascara sagrada capsules or tea
- Blood cleansers (burdock root, blood root, Oregon grape and red clover, etc.) See ***Back to Eden*** by Jethro Kloss. (Blood cleansers are lymph cleansers)

Epsom Salts remove large amounts of impacted waste from the small and large intestines/colon.
Recipe: Combine one teaspoon of Epsom Salts with the juice from half a lemon plus one to two tablespoons of maple syrup in a large cup of boiled water. Drink each morning on an empty stomach.

The Epsom Salt solution can be repeated for up to 90 days without becoming addicted. You may feel a bubbling sensation in the bowels signaling the evacuation is coming in two to five minutes. Do not pass gas; always go to the toilet. Believe me, it's not gas!

DISCLAIMER: If you have IBS (Irritable Bowel Syndrome) or any other bowel diseases or conditions, please consult your health care professional before using these cleansing agents or using this recipe, or any other, cleansing program. Make sure you are taking mineral supplements while on a program of this type.

3. **Water Enemas** with Apple Cider Vinegar, Miracle II Neutralizer or lemon in warm, filtered water.

4. **Colon Hydro-Therapy** (High Enemas and Colonics) this is absolutely necessary if you have large accumulations of waste and in great discomfort. Use this treatment if water enemas at home are insufficient. Choose a qualified therapist and ask for references.

5. **Coffee Enemas**
   These are especially good for cleansing the liver. Use a small 'Fleet'-type container (about one cup) filled with room temperature coffee. Lay down on your left side on a towel or in a bathtub and release the solution into the colon. Hold this for one half to one hour. Massage your abdomen gently while lying down. Much of the coffee liquid may be absorbed.

6. **Alkalizing Minerals**
   Omica Health has excellent Ionic Mineral supplements to replenish essential minerals and Super-Z-Lite, the most effective zeolite supplement, that draws heavy metals and toxins from the lymphatic system. All of the Omica Health products are formulated to alkalinize the body. (See Products Section.)

7. **Liquefied or Juiced Greens**
   Wheatgrass, parsley, spinach, leafy greens such as kale, dandelion, chard or collard greens. These are also alkalizing. Powdered Greens are also very beneficial.

8. **Oxygen Capsules**

Oxycleanse by Earth's Bounty is excellent as a bowel cleanser. It also kills parasites and pathogens because of the oxygen content it provides the body. After seven days the foul odor of bodily waste disappears. (See Products Section.)

9. **Hot Baths**
   Tub baths that encourage continual perspiration for 20-30 minutes are absolutely essential during the cleansing process. Drink water with minerals or apple cider vinegar while in the bathtub. Take 1,000 mg of Vitamin C.
   Infrared or regular saunas, steam baths, hot tubs, sunbathing by lying on the back and front three to five minutes on each side, are all helpful. ***Caution***: Very hot water baths causing sweating is forbidden for people with High Blood Pressure/Hypertension and Diabetes. Instead, the water should be kept comfortably warm.

10. **Rebounding/Mini-Trampoline**
    Using this exercise device moves the Lymphatic System more efficiently than any other activity except sprinting. Five minutes of Rebounding is equivalent to running one mile. It is a simple way to stay in shape while at the same time assisting the Lymphatic System to quickly remove toxins and poisons out of the body. Rebounding is excellent for people with edema or water retention problems. It also assists the healing process by moving large amounts of oxygen through the body. NASA has done extensive studies on rebounders, proving its effectiveness for the astronauts...and us all.

11. **Deep Breathing Exercises** can stimulate movement of the lymph from ten to thirty times faster than normal as it super-oxygenates the system. Deep breathing periodically throughout the day has been known to relieve many

problems related to toxicity: headaches, stiffness and pain. Headaches are a sign of lymph blockage in the intestine which affects the head. Sinus issues are also rooted in the intestines. The breath moves into areas that are deprived of oxygen and have a build-up of toxins. Deep breathing without trampolining is great. Deep breathing while trampolining is fantastic.

12. Remember to create your **Joy Hour** every day.

Emotional Freedom Technique
The Portal of Grace

This procedure was introduced in 2005, by Tapas Fleming, a pioneer in emotional release techniques with tapping. In February of 2005, Tapas discovered cancer in her right breast the size of two golf balls. She took three chemotherapy treatments and decided she could heal herself naturally. In the past she had studied with Masters in the Far East and China who taught her many things. She went into meditation and received this technique from her guidance. She immediately followed the technique and was amazed with the results. The next morning the tumors were the size of almonds. After a few more days, they were gone.

Tapas lectured to my class in May 2005. We were the first to learn her new technique, the Portal of Grace. It is now incorporated into every treatment series as the first treatment; it is miraculous. It's written here for you to learn and use. I have changed the wording to reflect my understanding of NLP (Neuro-linguistic Programming). Tapas was unaware of NLP when this technique was brought through to her. NLP teaches about the power of words and their ability to affect change for good or otherwise, based upon the conscious choice of words.

Since that time, when the Tsunami hit Asia in 2005, she taught hundred of volunteers who were then sent to the disaster areas to help people in the aftermath with their losses. She did the same when New Orleans was devastated. Many practitioners were sent to help the survivors cope and move on with their lives.

You are encouraged to use the Portal of Grace for everything that caused a negative feeling, thought or reaction regardless of when it happened. If you remember it and you have any charge or upset at all, it is still affecting you, so get rid of it.

When I learned to do this, I spent the whole weekend working on releasing everything from my past. *Example*: Years ago when you were five years old, your best friend broke your favorite toy. It hurt your feelings deeply. Release that hurt by following this technique. It helps children as well as adults.

Portal of Grace

Sit in a soft chair or lie down on a comfortable flat surface, the bed or the floor. It should feel relaxing.

Place either palm on the back of your head and place the thumb and ring or third finger of the other hand slightly above the inner corners of the eyes. For children, hold one hand at the back of the child's head and the other at the forehead and say the words for them just as you would for yourself. The purpose of the hand placements is to keep you focused at the eye center and present in the moment.

For practice, we shall release *Death wishes, death urges and death programming*.

Re-read each step until you know it by heart.

1. Always start with the truth:
It is true I have feelings of …
(Death wishes, death urges and death programming)
which has caused:
Great suffering,
Fear of living to the fullest
Feelings of unworthiness

2. Repeat Number 1:

It is true I have feelings of… *(Death wishes, etc.)*

With this:
I am now complete.
I am now at peace.
I am now finished.

3. Everyone I have hurt because of this/these issue(s)…

I now apologize to them, wherever they may be.
I send them love, peace and joy.
I apologize to myself.
And I send myself love, peace and joy.

4. I now forgive myself and I forgive everyone who had any part in creating or mirroring this issue to me.

Wherever they may now be
I send them love, peace and joy.
I send myself love, peace and joy (Stay focused)

5. All the places in my mind, in my body and in my life where this is stored is now released completely.

All of these places are being filled with
Divine Healing Light and healed now and forever more.
This, I now accepts.

6. **I choose to live my life now …**
   (say how you choose to live your life)

Awake and in full awareness of my life.
With beauty, youth and radiant health.
With boundless energy.
Abundant love and prosperity are my birthright.
Knowing I am always worthy of this life,
I now accept this Truth.

7. **I now give thanks to the Infinite Holy Spirit Within me, Known as God, for completely removing from me this great, great burden.**

So say I. It is done. So be it.

A Lymphatic Phenomenon… The Indigo Children

In the mid-twentieth century, Indigo Children began to emerge in the West, primarily in the Untied States and Western Europe. By 1995, Indigo Children appeared in large numbers in China, Russia, Africa and the rest of the world.

Indigo Children have their sixth senses or extra sensory perceptions more fully developed. They can often heal at a touch, communicate telepathically with one another and share messages with people throughout the world about peace,

forgiveness and acceptance of the human race as 'family'. Indigos are generally immune to disease, which is amazing.

For example, countless numbers of Indigo infants who inherited AIDS from their parents were discovered to be free of AIDS in their bodies by the age of six because their immune systems had destroyed the virus. Their blood was tested in laboratories and it was proven that these children were indeed immune to every disease.

We are witnessing a new human evolution coming forth within our own lifetimes. We must also understand Indigo Children from the perspective of the Lymphatic System because their Lymphatic Systems are more highly developed and evolved.

A new paradigm in human health has arisen right in front of us. Others and I admire these Indigo Children for their natural spiritual gifts as well as their physical evolutionary progress. They are an absolute advancement in the context of humanity which benefits us all.

CHAPTER THIRTEEN

Energy Medicine Coming of Age

The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"Life is the ultimate trip
once you learn to experience it"

Imhotep Gary Byrd

The Future of Health

13

The father of Energy Medicine, Nikola Tesla, and the pioneers who came after him, Gaston Naessens, Royal Raymond Rife, Samuel West, André Lapasset, Michael Akopance and many others raised the torch high for this new age of Energy Medicine.

The Meta physicians of antiquity, from the deep past to the present, were the inspired ones who possessed the foresight to know a day would dawn when humanity would advance to a new understanding of itself. Their mission was to impart the knowledge of us as 'beings of energy' for a particular generation yet to come.

We are that generation. Thus, the greatest minds who came before us had the insight to perpetuate the wisdom we now hold dearly as invaluable gifts to humanity.

Death Culture

Most people are afraid to live and afraid to die. In this state of consciousness, death is created. When we can accept change as an absolute truth in life, without judging it as bad, change can occur with ease and grace, even sometimes with a pleasant surprise called a miracle.

Living in a death culture where death is actually celebrated and worshipped creates a belief in dying and makes it difficult for people to live life fully with health and liberty. Death is big business. When we live in a death culture, we remain in limited thinking. However, Infinite Creator is unlimited and our spirit is unlimited as well. The Universal Mind is the meeting place of every mind in existence in this world and in the universe.

To contemplate this truth is immense. Every thought that ever existed is still part of the Creation. All Beings who now live, or who have ever lived, maintain a presence in the Universal Mind of The Infinite Creator.

The soul of every person who is living now, or who has lived in the past, spiritually sustains a presence in the Unified Field. Wisdom and knowledge is always available to us. We must ask for and be willing to receive our inner guidance. Here is the key that opens the door of trusting in the Divinity within ourselves. To know our Essence we must first know and love ourselves. To know ourselves, we must be unconditionally accepting of our lives without any judgment at every moment. To love one's Self is to love our God-Essence.

We are now living in a time when healing the body with Energy Medicine is becoming generally accepted. Quantum physics forms the scientific foundation of Energy Medicine. We are presently in the early stages of making colossal breakthroughs in this innovative form of medicine.

So much is yet to be revealed; researchers in Energy Medicine have engineered an evolution in the Bio-Energy sciences. Currently, Bio-**Photonic Energy Lymphatic Detoxification** (**BELD™ System**) remains on the cutting edge of Energy Medicine and rejuvenation.

The cellular regeneration and rapid healing that occurs as a result of Energy Medicine in the form of light called photons is creating quite a stir in many areas of health care. In the field of Lymphology, this phenomenon is now made evident by Bio-Photonic Energy Lymphatic Detoxification and drainage. We have seen very positive and inspiring results during the past seventeen years of its use.

NASA researched Energy Medicine for 45 years and as a result, owns the worldwide patents for L.E.D. technology (Light Emitting Diodes). LED technology is replacing many forms of lighting systems as well as laser use for industry and medical purposes. LED technology is literally, out of this world so to speak.

As the creator of the **BELD™ System**, I believe that this form of Energy Medicine is a significant contribution to the world. We now have a proven and effective way of removing the protein blockages previously unattainable by manual lymphatic drainage alone. My experience with cancer was the transcendent catalyst to bring forward this both ancient and modern knowledge.

It is imperative that a comprehensive understanding of the Lymphatic System be made available to humanity. This includes teaching this vital subject in our schools so that our young people can learn how to keep themselves healthy early in life. However, it is also necessary to become aware of proper nutrition and the elimination of junk foods and beverages. The Lymphatic System, being the energy highway in the body and responsible for cleansing the entire cellular environment, bringing oxygen directly to the cells, along with nourishing the body with healthy foods, vitamins and minerals which sustain the health of the Lymphatic System must be understood because it affects the emotional and spiritual aspects of ourselves as well.

As with other researchers in the field of Energy Medicine, I, too, had to fathom the significance of this discovery. We are living at the time in human history when diseases of the body and mind can be made obsolete.

When we apply the knowledge of Quantum and Meta physics to our lives in practical ways, we will have superior health and experience a greater joy in living. This is the gateway to the Fountain of Youth Within Us, through living healthy, energized lives overflowing with creativity, happiness and personal fulfillment.

Change

"Be the change you want to see in the world"
Mahatma Gandhi

Change has become something people fear. It takes great courage to change. Ridicule or the loss of family, love, friends and a place in society are enough to discourage most people from changing. Many folks continue to remain in difficult and detrimental situations, creating unhealthy physical, emotional or mental environments out of fear of change.

The hypnosis of social conditioning makes it quite difficult for individualism in our society and most of the world to be basic. It is necessary to stay focused on life-long personal development and the cultivation of good health to bring forth a creative life of fulfillment and happiness. We must have courage and a true sense of Self to accomplish this. It is our life right and our spiritual birthright.

The Lymphatic System mirrors this fear by creating discomfort, aches, pain and even disease, signaling to the person to change. Most people have to be forced by circumstance, illness or an accident to do something about their situation. Even then there is a chance that a return to former behavior in new situations can occur. Usually guaranteeing a repeat performance of the illness or unfortunate circumstances until the person changes or dies.

"Dying is a Failure to Live."
Ramtha

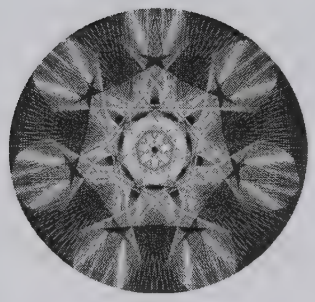
Quantum physics is revealing previously unknown scientific evidence about energy and its relationship to the mind and body. A whole new paradigm in healing has arisen at the dawn of the 21st century. We are witnessing Quantum physics being applied to almost every form of medicine. There currently is an evolution taking place in natural and allopathic medicine with new industries and energy modalities blossoming throughout the world.

Compared to Meta physics that has thousands of years of knowledge yet to be uncovered, Quantum scientists are just scratching the surface. As a pioneer, I am profoundly humbled to bring forth the ancient knowledge of energy (light) back into clarity through the understanding of its relationship to the Lymphatic System. When we apply the knowledge of Quantum physics and Meta physics in practical ways, we will sustain our lives in perpetual harmony with each other and the world around us.

Our emotions are the barometer of our feelings. The Lymphatic System responds to our negative or positive emotions, thus affecting our health. Keep in mind that thinking is creating rather than an idle fanciful activity. We must choose to engage in thoughts, which stimulate health, happiness and well being to perpetuate youth and health.

CHAPTER FOURTEEN

The Great Work



The B.E.L.D. System™
Bio-Photonic Energy Lymphatic Detoxification

"The Universe is ours to know
in these few square inches of the brain.

A breakthrough
forces one to burst anew and BE!

It only takes one man or woman
to Love . . . . . infinitely."

Paul Lloyd Warner

The Foundation of Life

14

The foundation of life **is** our Self and Being. We are one with the Living Spirit from which all thought emerges, creating our body and is the Life Force in breath. Hu is the oldest name for God. Man is the ancient name for Mind. As Humans, it is our duty to realize the Truth of our Being. We are manifestations of the mind of God…Hu-man. (God Mind)

We are spiritually at one with our Creator's intention. In Quantum physics, this is called The Unified Field. The world over, God is known by many different names, yet they all point to the Infinite Oneness of All Existence which is, actually, Nameless.

The Great Work

The Great Work is, using the inherent ability to remove and install all that is discordant and impedes the ability of our Magnificence from emerging. This is so simple that it is not believed or even thought of.

Today, it is called "The Results Experience" which teaches this process. It is a combination of ancient techniques brought forth by Bayard Barnes, (Immunics) and Noah St. John (Afformations) with other ancient components and knowledge brought forth by Dr. Mortonette Stephens and myself.

The Great Work is predicated upon raising our awareness to the Universal Truth of Oneness in order to live our Magnificence and be of service to our selves and the whole of humanity. It is imperative to think and speak positively in order to extend the principles of positive creation into all facets of our lives.

To waste the opportunity to do the Great Work continues to be the supreme tragedy of human life. Our human life is a treasured gift from the Infinite Creator and should reflect this Magnificence.

My dance with death taught me life can only be sustained by desiring to live. All thoughts, words, actions and deeds must come together in harmony to keep the body healthy. After all, the body, mind and spirit are all fused as one entity within the body. Thus, we are Spiritual beings living in a Spiritual Physical Universe.

Ancient texts state that the ultimate quest of life is to live consciously aware that the Infinite Creator of All Life is the very essence of our being. We must live with the full knowledge that we are each the Lord of our individual universe, which is also called the body or Temple of God.
Knowing how to use this multi-dimensional vehicle for this life journey IS the Great Work so often spoken of in ancient texts.

Masters Have No Past

Ramtha 1987

It is critical that we comprehend and embrace the necessity to move on without repeating the past. When the Master Jesus met a woman at the well and healed her, he told her to release her former behavior and to tell no one of her healing. The indiscriminate telling of a change may sabotage the change, especially if the person who is told is moved out of his/her comfort zone and expresses doubt or disbelief.

Freedom of choice is necessary to make lasting changes. Important changes at critical times in our lives must reflect our free will. Disrespecting the right to make our own choices produces disfunctionality, which affects the Lymphatic System. Change is the very nature of life and we must be willing to change when circumstances demand it.

When scientific discoveries are made, it takes at least ten years before this information is taught in universities. The public receives this information years later, if ever. Quantum physics has proven that we are energy beings. This new way of looking at ourselves is changing how we interact with all of life. As energy beings, we influence and affect each other, whether or not we are aware of it, by our thoughts and feelings. A cleansed Lymphatic System is the key to remaining in harmony with others and ourselves.

Aging is Unnatural

Our thoughts have everything to do with the way we age. A belief in aging actually creates aging and the result is that we live in a world where we witness people growing old. So, we believe we will also grow old....and we do.

Change is a natural occurrence; aging is not. Aging has become an accepted fact because of mass ignorance and learned fear of change. At any moment we are never the same.

Our Eternal Cells

Our cells have no timetable to expire except when we program them to die by our negative thoughts and feelings. Biologists performed an experiment more than fifty years ago with a chicken heart that was kept alive for twenty years. The

biologists determined they could keep the chicken's heart beating indefinitely by making sure the right nutrients were supplied. Quantum scientists have found that our cells naturally move towards energy that is life-promoting. Therefore, the scientists concluded that, this experiment proved that our cells have an indefinite lifetime, given the proper nutrition and the right environment in which to thrive. Recent experiments have proven that our cells are devoid of an expiration date.

Our cells can remain eternally young provided we remember to choose positive thoughts because our thoughts create what we think about the most. Negative alternatives will alter the condition of our cells and create Lymphatic blockage.

The Fountain of Youth Within Us

The Fountain of Youth lays dormant within us until we become masters of our thoughts and choices. What we choose to eat and drink; the removal of discord and engaging in activities, which bring about joy, activates the **magnificent equation for perpetual youth.**

When we learn something new, it refreshes our cellular memory with original information. This process is necessary to activate the Fountain of Youth in mind and body, keeping us endlessly renewing. Redundancy, without new information entering the mind, creates aging of the cells and, therefore, an aging body. All Discord must be utterly abandoned.

Our attitude also affects this process. Positive thinking is essential to create a vibrant body. Negative thinking leads to varying degrees of aging because it shatters the water crystals

in our body. The Fountain of Youth is set in motion when we remain aware of and live by this knowledge.

The power of contemplation and meditation in the spiritual dimensions of life, unlock the door that spirals open our self-awareness to greater heights in consciousness. We become magnificent duplicates of the Divine Principle of Life.

We are the essence of Infinite Intelligence, each one of us an individuated part of the Whole. We are made Magnificent and have the power to use our awesome potential to create Heaven on Earth.

I see a world where everyone is radiantly healthy and has a home, where nutritious food and fresh water prevail in abundance.
I see a world where universal knowledge is taught and self-awareness is nurtured from birth while ignorance is eliminated, once and for all.
I see a world where all humanity knows we are all children of Infinite Potential and live in Higher Consciousness as we realize our Unlimited Potential to Create Peace on Earth.

This is the Vision I was given on my deathbed, which compelled me to Choose life, with all of my might. I did not want to miss this incredible time. This is THE time to be alive and I am delighted to be a part of it.

Cleansing the Lymphatic System unlocks the key to ever-present abundant health and youth. As we discover that the **Fountain of Youth Within Us *IS*** the **Lymphatic System**, we have the opportunity to heal ourselves of all diseases and maintain our youth indefinitely.

We now know that, the entire human race shares the same genetic code. This will eventually compels us to recognize one another as spiritual beings, inhabiting the world together as One Humanity, living in truth, love, peace and harmony.

As we include this new way of being into our daily lives, we become younger, healthier and happier. We can then lead the way to a secure and lasting peace on Planet Earth through self responsibility and cooperating as the One Creative Global Society we actually are.

We are poised at the threshold of a new way of living, a New Life, where universal knowledge is ever-present, where kindness and positivity remain the hallmarks of all human interaction. I envision a world where peace and understanding permeate all humanity. It has been worth the wait.

I am thankful for all the great minds that prepared the way for my discoveries. I salute all of you from the depths of my soul because humanity shall benefit from your knowledge, love and wisdom.

The long search for the Fountain of Youth has ended.

The Fountain of Youth Is Within Us.

EPILOGUE

It is my sincere wish that the life-affirming wisdom in this book has expanded the reader's awareness of the Lymphatic System, which is the key to radiant and vibrant health.

Humanity stands at the threshold of a new era in health, youth and longevity. Knowledge of the Lymphatic System is of paramount importance in maintaining the balance of mind, body and Spirit through all facets of living.

Empowering individuals to make positive choices based on knowledge and truth is the purpose of writing this book. I encourage everyone to activate their Fountain of Youth and live their Magnificence to the highest degree of fulfillment possible.

In Love, Peace and Happiness,

Tapzyana B. Thomas

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Tapzyana B. Thomas

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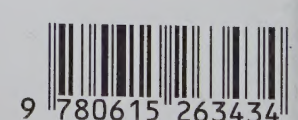

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For over ten years my family and I have greatly benefited from Dr. Tapzyana B. Thomas's knowledge of the lymphatic system and BELD treatments. Her holistic, wise, and loving approach to her practice is a genuine gift to those who are fortunate enough to count themselves among her patients.

— Michael Bernard Beckwith, author of *Spiritual Liberation: Fulfilling Your Soul's Potential*

THE AUTHOR

Dr. Tapzyana B. Thomas is a leading innovator in Bio-Photonic Lymphatic Detoxification and Drainage, with her groundbreaking efforts in the field of Lymphology. Her experience with terminal Lymphatic cancer was the inspiration for this book, to inform and benefit humanity. Dr. Thomas travels extensively lecturing and raising awareness about this long ignored area of vital health, youth, and longevity.

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